



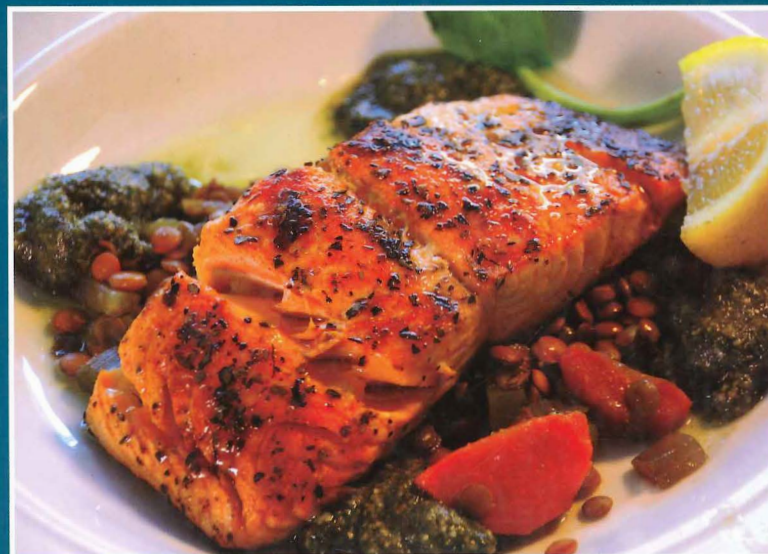
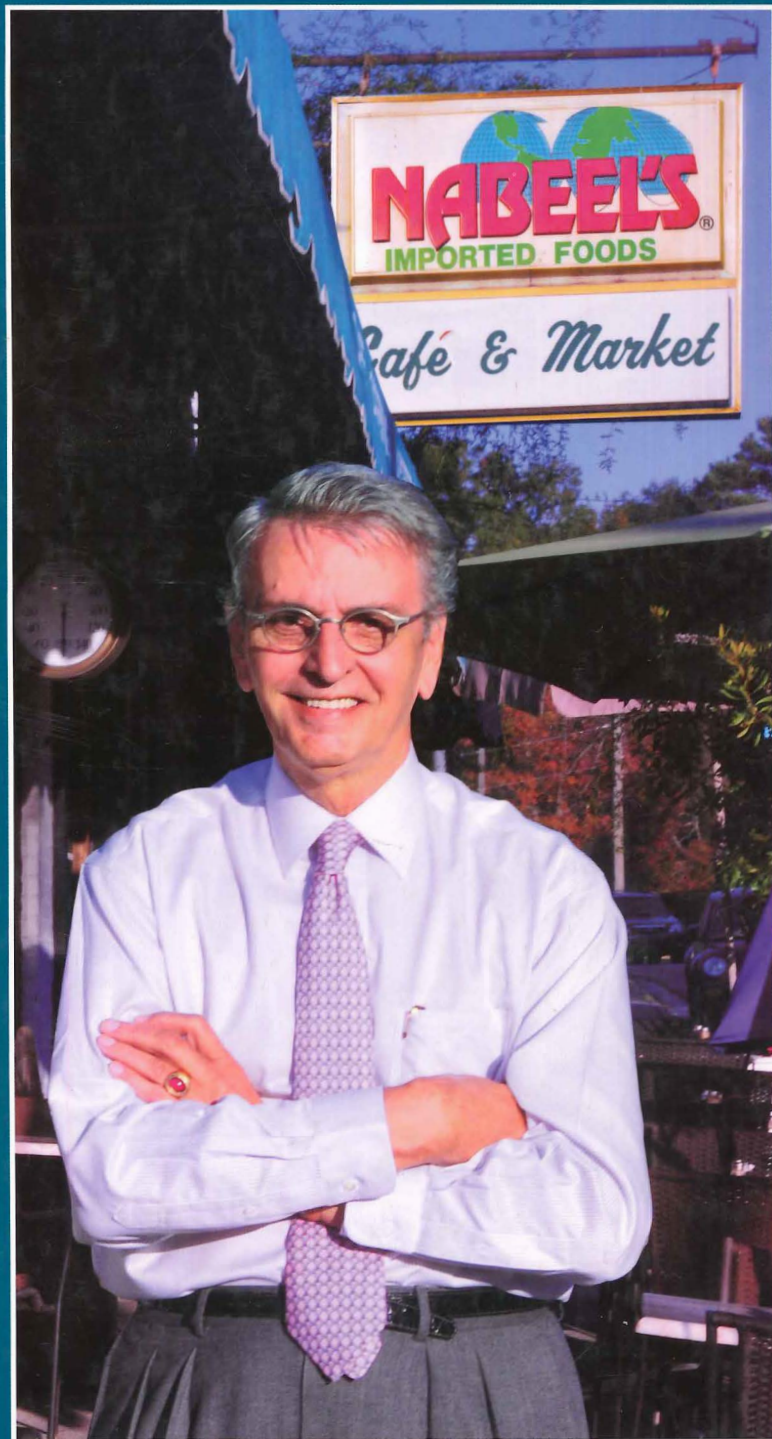
John Krontiras

# BELOVED FAMILY RECIPES™

Family Recipes and Experiences  
from Travels Around the World

*Photography by*  
Karim Shamsi-Basha

*Foreword by*  
Ted Haddin, Ph.D.













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*To my Jather Antonis (Anthony)*

No one has ever inspired me or left a more lasting impression on me than my father Antonis.



A sketch by John of his father, Antonis, done in 1999

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*To my mother-in-law Maddalena Mastropasqua*

That has treated me like her son and always I have looked at her æ my mother, since I lost my mother when I was 14. I learned so much from her cooking such delicious southern Italian foods.

*And to my cousin Koula Kotsopoulos*

That has always helped me with her incredible talent of cooking.

**Kat arllv Ea↯EAQ▷lluoou KouAa Kro-raonouAou**

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My very good friend Ted Haddin, our virtuoso!



## FOREWORD

About seventeen years ago, along Oxmoor Road near the Homewood Public Library, I used to call, and sometimes stop at a little delicatessen that had its elevated sign Nabeel's and a door that opened on a one-room market with canned goods and candies and a long counter on one side. Some customers sat at the counter and played backgammon. Behind the counter a charming woman created and sold sandwiches. You could also buy Greek olives and pepperonccini, feta, and dried stalks of mountain tea. My favorite sandwich was the Camel Rider and still is. I could call early for one or two sandwiches to carry to my office at UAB, where, between classes, lunch was a joy to look forward to.

I met John Krontiras when Nabeel's was then one of three enterprises in the same building all the way to the corner at Central Avenue in Homewood. It didn't take John long to acquire the beauty shop next door, the flower shop on the corner, and turn the one-room Nabeel's into four. With ample seating and a new market to boot, the new Nabeel's was in motion.

The exciting restaurant that is now there serves up recipes both Greek and Italian with a consistency that is truly amazing. Krontiras did not attend a cooking school, for all his knowledge about preparing food has come from his father, his mother-in-law, his vast travels, and his reading among cookbooks. Foremost at Nabeel's is that all the food is home-style, home-cooked and has the very nature of its Greek and Italian origins in everything presented. This is true of all the recipes that follow here in his presentations and descriptions.

John Krontiras, founder of Nabeel's Cafe & Market, features not only the distinctive recipes of one of Birmingham's popular Mediterranean restaurants, but also John's travels around the world as an executive for over 25 years with a Birmingham-headquartered international company. From Europe to

South Africa, from Canada to South America, from the Far East to Australia, from Athens and Patras to Torino, Naples, Bari and Molfetta, from Aalsmeer to Brussels and Trieste, from Hong Kong to Macau, Johannesburg to Cape Town and Stellenbosch—all significant venues from which he created many ideas that he has implemented at Nabeel's.

This cookbook features dishes from Gulf of Mexico Grouper, Greek style, with extra virgin olive oil, oregano and lemon, to slow cooking Kokonisto' with cinnamon and cloves.

Nabeel's Cafe and the International Market have changed the way people think of Greek food and Greek dishes. John created a type of revolution by introducing dishes and products like Taramasalata, Tzatziki, Smoked Herring, and Youvetsi, that were never heard of or eaten in Birmingham and Alabama.

What you will get in this cookbook is not just dishes from the restaurant, but also what the Krontiras and Mastropasqua families eat at home.

I met John as he was coming out of his corporate job after a lengthy and painful lawsuit, and I was very impressed with his dedication to his new job and profession. He's a gracious gentleman who learned the joy of eating and cooking the hard way, from cookbooks, his father Antonis (Anthony) and his mother-in-law Maddalena. But there is more, as he himself tells later. I liked especially his sense of order and commitment to quality, freshness and *consistency*. One day I asked John, "Why such an emphasis on quality and freshness?" He answered, "If you serve fresh products and your dishes are prepared with top of the line products, there's no way but to succeed." I ventured further, "How did you come up with the idea of a restaurant?" His eyes lit up, "During all my travels, I was always taking notes on the way items were prepared in restaurants, delis, markets, and in general food establishments." Then he went on, "Well, these notes and thoughts that



In the market Ottavia with Richie

I had accumulated over the years came into place when I lost my job, and I was out on the street and started thinking of getting involved in the restaurant business.' I could see, with this his own good record-keeping came to the fore.

I have eaten at Nabeel's numerous times, and always have left fully satisfied and really amazed at how delicious the dishes are, not to omit the wide variety of wines, including my favorite, Our Daily Red, or John's, the Red Zinfandel or Pino Noir. Neither John, nor his family, nor any of the cooks, chefs or employees have finished a culinary school, but their food and the way they prepare it have a great degree of artistry and unforgettable taste.

John told me a story of a stock broker who ate at Nabeel's once or twice a week for over a year and always ordered and ate Chicken Skewers (Souvlaki) with Greek Village Potatoes. One time John sat and started talking with him about the stock market.

Before John got up to attend to something else, the customer said, "John, wait I need to tell you something." John thought he must have a complaint, but the customer continued, "John, I have been coming here for over a year right after I finish from the gym, and the food has tasted always, I mean always, the same. Bravo!" This was quite a testimony. With a smile on his face, John said proudly to me, 'That's what I mean by consistency.'

Another customer, a doctor, who had just returned from Greece exclaimed, "John, your Spanakopita (spinach pie) tastes much better than the one I had in Greece."

Listening to these stories, of course, I can't wait for the day the Kokinisto' is available as special, for I'd rather eat Kokinisto' than filet mignon.

I like to praise John's ingenuity in establishing the authenticity of the dishes that are offered at the restaurant and believe him when he says that the



food and the dishes are not Americanized as they are in so many other restaurants. Many customers soon believe his personal mandate, "If we don't eat it at home, we will not serve it at the restaurant."

When the specials are prepared, he has to be there to guide the chef and cooks about how they are supposed to be done-Kokinisto: Quails Ladorigani, Lamb Shanks Fricassee, Yemista, Rabbit Stifado, Grilled whole Snapper with Broccoli Rabe and more. And while John may be sitting outside with his Greek and American friends sipping an espresso, or a Greek coffee or his glass of Red Zinfandel, the chef/cooks always bring him a fresh cut to taste, before it is served on the floor, so he can give the go ahead.

John Krontiras is synonymous with Nabeel's and excellent dining. His personal role with each customer has been his hallmark from the beginning.

Like the good physician, he regards each customer as his own. Visitors to Nabeel's have become proud when they see his welcoming smile, and they soon discover how it is to become friends for life. They are surprised to find a man whose regard for the food we eat includes the same regard for the whole person. Rare among restaurateurs, Krontiras (Yannis) has made Nabeel's the stopping place when you are in Homewood. And in keeping with the Greek love of music Krontiras has inspired his Friday and Saturday night musicians to become a musical tradition, like the superb tradition Nabeel's has become.

Do enjoy this cookbook, as I feel it will be a great addition to your kitchen, your cookbook library, and your pleasures in eating.

- Ted Haddin, Ph.D.



Getting together alfresco at my house







## PREFACE

It was probably only natural that this cookbook, resplendent with excellent Greek and Italian recipes, should grow out of John Krontiras' extensive travels around the world and out of his years of developing Nabeel's restaurant. The recipes emerge here as the prime result of John's insights and experiences with tasting and cooking food. I have known John Krontiras for over fifteen of those years, and working on this book with him has been the highlight of my year (you can imagine eating all those delicious dishes after the shoots!) Even I, eating at Nabeel's every couple of days, did not know how many and how great the recipes are. The book has its contents-appetizers, soups, salads, extensive meats, its impressive long list of seafoods, vegetable dishes, pastas and deserts; yet the list can only serve to whet the appetite of one who has eaten of them.

Usually I order one of a few "regulars" like the Mousaka, Tilapia Patrina, Salmon over Lentils, and recently the Camel Rider. I always have to end with a piece of Tiramisu, my favorite Italian dessert topped with an espresso to make a perfect ending. Occasionally I order John's Steak or the Leg-of-Lamb, or the Chicken Souvlaki, adding zesty flavor and quality to my day. I bring my children also, Zade, Dury, and Demi, and they all have their favorites: Zade's is the Filet Mignon, Dury's is the Chicken on Skewers, and Demi gets Pasta with Olive Oil and Parmesan Cheese. We always kid her to vary her order, but why question the tried and true? When Ted Haddin is playing his violin, I always have to hear my favorite old Russian folksong and we end up drumming on the table with our hands near the fast ending to that song. I have tremendously enjoyed photographing these recipes and dishes at Nabeel's; the place will remain forever a special part of my family life, one good reason for the title of this book. If you don't cook, you can sample the dishes at the restaurant. If you do cook, now you have the perfect companion to your hobby. The recipes, ranging from fish and steak to

pasta and Greek and Italian favorites, are guaranteed to make you seem like a master chef to your dinner party no matter how big or small.

Yet the writing here is by no means just recipes, but also accounts of the origins of foods, names of restaurants and streets in Patras and other cities where the foods and memories can be found (See "Greek Antipasto"). Krontiras is a natural historian who remembers people stopping at the Ouzeri for a Karafaki and some story-telling before going home. He can describe a lunch at a restaurant (Het Bonte Schort) in Aalsmeer, Holland, to make you want to go there ("Smoked Eel"). A writer for details, the carefully presented recipe for "Taramasalata Dip" shows how closely he regards the perfection of this recipe. The same applies to his preparation of the Egglemon Soup (Avgolemono), and the Lamb, Kokinisto, Pork Tenderloin, Shrimp Aegean, and many others. The idea behind this book is to draw the reader and the cook closer to the origins of the food and experiences Krontiras has had in bringing them into print.

To see the way he does this with history, one only need peruse such accounts as "Fried Cod" and "Fried Smelts or Anchovies." Or read the fascinating "Grilled Lamb Chops Radou" and find out how the chops came from a small Greek town to be at Nabeel's. For a salad, "Insalata Capresi" also has a compelling history. And the first recipe under Seafood tells more about origins and developments in Greece. "John's Steak" originated in John's creation of a large dinner party on a lovely evening in Africa.

With Krontiras there is much to learn about recipes and about cooking, even to good lessons about beans or about the kinds of snapper in our oceans and Gulf. People can eat, and people can tell their stories, and Krontiras can certainly tell his. What he writes about his father going around the neighborhood collecting dandelions for his original Greek recipe is a touching tale of local color, that somehow reminds us of scenes from a movie. And when he unleashes his story of the Cork in the Bottle at De Kersentuin (The Cherry Garden) in Amsterdam, you will have it all.

---

OPPOSITE PAGE: Ottavia and John in front of his mother's portrait over the fireplace



Karim and John

The book sometimes seems like a Greek play, where the characters come and go, and say their parts. Antonis, the father, holding his brown bag of dandelions; Maddalena, the mother-in-law, appearing to reveal her secrets of Italian cooking; cousin Koula, her Skordalia; Uncle Cosmo, his grouper; cousin Yannicos with his crab cakes, and even Arie Van Selm, the painter, with his surrealistic sketch.

Going over the contents of this book is like a feast in itself. I have seen people pausing in the booths at the restaurant, determined that they are going to have the best item, only to find later, the next one is best, and the next one, each time they come back. The unforgettable quality of the mainstays is always there. Who, in following these recipes, will not enjoy what can be done with tomato, onion, olive, and cucumber in the standby known as "Greek Peasant Salad," the spinach in the thick, rich "Spanakopita," the beef and orzo in "Youvetsaki," or, just trying the new and different, the indomitable "Fetaburger"? The mystery of the recipes unravels itself, however, when we start to cook, and find they are quite understandable and equally delightful to read and follow.

As for my work in photographing all of these recipes, I've worked on the principle that you want to be close to the food you are about to create. For the photographer, and like Krontiras the recipe-maker, the details are everything. I have traveled on shoots to over forty countries and worked for magazines all over the world, but this project remains one of the most special I have ever done--with the most special part being my friendship with John.

Welcome to *Beloved Family Recipes*<sup>Th</sup>

- Karim Shamsi-Basha



## THE GREEK CUISINE

**T**he Greek cuisine has a history of more than 3000 years. The land, the sea, the sky, the climate, the invaders and visitors have influenced Greek cuisine. But in my opinion the food and recipes have always remained categorically Greek.

Greek food is by no means haute cuisine, but it has a certain degree of artistry and its own appealing personality and character. Lemon and oregano to a large extent are featured in almost every recipe. Lemon juice and oregano flavors lamb, pork, chicken, Souvlaki (either pork or beef), and fish. There is no way that a dish of fried, baked fish or chicken is not drenched in lemon. Dishes like lamb or pork fricassee delight the palate with the taste of lemon juice.

In my home town Patras vineyards and lemon orchards are abundant, and their fruits are used extensively in many local dishes. Some of the wines produced there are available all over the world. Patras also has been influenced by Italian cuisine, as the Italians have been in Patras for centuries; and as a matter of fact, there is still a flourishing Italian community that also includes a Catholic church. Middle Eastern food influence? Yes, there is some, but the idea that all Greek food came from the East and Venetians is so patently wrong that it needs no mentioning.

The Greeks, in my opinion, refuse to live by the clock or any schedule and always forget what time it is. My wife Ottavia frequently says to me, "Yanni, is this on Greek time?" insinuating what time I may go somewhere or finish a chore.



At our summer home, in Ities. This was during Kathari Theftera (Ka8ap17 L'.wn:pa) - same as Fat Tuesday. Relatives and friends having a great time and to eat fasting foods (Ta NtaT17mua) and fly colorful kites, which is a Greek tradition for this day.



If one reads Athenaeus, a Greek scholar who in 200 A.D. wrote *The Philosophy of Dining* (Dipnosophiste), one has no doubt where and how Greek food influenced the immediate civilization and that of other countries. There were culinary schools in Athens. Modern Greek food lacks some polish when compared to Italian, French, and other Mediterranean cuisines, but the simplicity and home cooking character of the Greek cuisine and its dishes are what makes it so appealing.

Wine is always served with any Greek meal, including lunch which traditionally is eaten around 2 or even 3 p.m. and dinner after 9:30 p.m. All meals finish with fresh fruit and a Greek thick coffee. Then the discussions start about all different subjects that can often move out to the entire world. Greeks believe they can solve everything and that they know all the answers to the world's problems. If you hear Greeks talking at meal gatherings or sipping coffee or ouzo with friends, you will really think they are after each other when they raise their voices, but they are not;

it's just their Greek nature and their strong belief that they know what they are talking about even when they don't. Sometimes my own voice rises up; I, too, am Greek. I'm sure once or twice you might have witnessed this at Nabeel's where my friends and I gather on Saturday nights to solve the problems of the world.

At Nabeel's we honor Greek and English languages, often Italian and Spanish, sometimes French. You speak your own, and someone answers. Who would have thought that Greece, the origin of so many languages, would have such an effect on present-day cuisine? Nabeel's preserves a tradition like no place else.

The recipes from *Beloved Family Recipes* were developed and tested with the identical ingredients that we use at my home kitchen. Sometimes a very small change was made to facilitate the larger preparation and quantity at the restaurant.

- John Krontiras







## APPETIZERS



## Bahaghanouj

Babaghanouj is a popular dip made from eggplant and Tahini. It has a smooth, creamy texture, and a slightly smoked taste. It is traditionally served with pita bread or crunchy Italian bread. Many people like it as dip and an appetizer

### INGREDIENTS:

- 1 large eggplant
- 1 clove garlic
- ¼ - ½ cup lemon juice (depending on taste)
- 3 tbsp tahini
- 1 tsp salt
- 3 tsp olive oil
- 2 tsp olive oil for garnish
- 3 pinches parsley for garnish

### PREPARATION:

Preheat oven to 375° and bake eggplant for 30 minutes, or until outside is crisp and inside is soft. Allow to cool for 20 minutes. Cut open eggplant and scoop out the flesh into colander and allow to drain for 10 minutes. Removing the excess liquid helps to eliminate a bitter flavor. Place eggplant flesh in a medium bowl. Add remaining ingredients to a food processor. Pulse for about 2 minutes. Place in serving bowl and top with lemon juice and olive oil and parsley. Serve with pita bread or crusty Italian bread.

**Serves: 4**



## Bruschetta

Bruschetta is the original garlic bread and an easy first course for a memorable Italian meal. One of the reasons to love Italian, Greek or any other Mediterranean food is the simplicity of many of their recipes. Traditional Italian cooking like Greek concentrates on fresh seasonal ingredients prepared simply to bring out the true flavors.

In Puglia, the bread and the olive oil are abundant. So look for an Italian loaf that has a crunchy, crust and a good texture that will hold up on the grill or the toaster. Find a good Greek extra-virgin olive oil that has a pleasant flavor, color and aroma. Bruschetta is best as a first course you can definitely make a meal out of, as they often do in Molfetta, in the Puglia region, where my mother-in-law comes from. Try it as a light lunch with a glass of Peroni beer.

### INGREDIENTS:

- 4 thick slices of Italian-style or French bread  
toasted
- 1 eggplant sliced fried
- 4 large garlic cloves, peeled and halved
- 3 cherry tomatoes halved
- Extra virgin olive oil
- Florina roasted peppers
- Feta cheese
- Fresh basil
- Salt, pepper

### PREPARATION:

Grill the bread lightly over a hot charcoal grill, making sure both sides are equally toasted. Remove the bread from the grill and quickly rub a large garlic clove over the bread. The garlic will melt into the hot bread. Plate the bread and drizzle the olive oil over the bread. Sprinkle lightly with salt. Add the roasted peppers, tomatoes, Feta, basil and sprinkle some extra virgin olive oil.

**Serves: 4**





BRUSCHETTA



## Cheese Triangles

TupomtaKta 9b-

One of the best and most popular appetizers all over the world. Either cheese or spinach are just plain delicious. My wife, Ottavia, in my opinion makes the best ones even though she is Italian. All fresh ingredients, she can make 1,000 in one day.

### INGREDIENTS:

- 1 tbsp butter
- 1 1/2 tbsp flour
- 1/2 cup milk
- 5 oz Greek or French Feta
- 1 egg, beaten

### Phyllo:

- 1 lb phyllo pastry fresh, not frozen
- 1/2 cup melted butter

### PREPARATION:

Melt butter, stir in flour and cook for one minute. Add milk and stir until thickened. Crumble Feta into a bowl. Stir in sauce, egg and pepper to taste.

### How to shape triangles:

Cut each phyllo sheet into three strips approximately 5x12 inches. Put phyllo on a work table and brush lightly with butter. With a teaspoon filled with filling and place on one end of the strip. Start folding the corner over filling so that it forms a triangle. Continue to fold until the entire sheet has been used. Brush tops with the melted butter and cook at 150° for about 15 minutes and when the triangles are golden brown. Serve hot. Another variation is to use spinach filling. Triangles can be stored in the freezer until required to cook. You can cook frozen at the same temperature.

Makes: 4-5 dozen

## Greek Antipasto

McsEOUKta µE Ouso 9b-

When I lived in Patras, usually on Saturdays, we would go to the OUZERI, a Kafenion (coffee shop) that was altogether a Greek institution. At the Ouzeri, Ouzo was the only drink that they served, with a small plate of *mezt* (appetizers-antipasto). The Ouzo was served in what was called Karafaki, a small special-made bottle that usually contained about 3 servings. There were two very special and popular places in Patras; *Nezeritis Ouzeri* on Gounari street and *Stathatou Ouzeri* in Vasileos Georgiou (king George) square. They served pork Souvlaki to order (nothing pre-cooked). The Mezt plate consisted of the Souvlaki, olives, cucumber slices, anchovies, meatballs, feta, sliced tomatoes and other items. During those great years, that I call the Golden years, when stores closed at 1:30 PM for the afternoon siesta, people would stop at the Ouzeri, order a Karafaki, discuss stories with their friends, and then go home. These two establishments are long gone but they will always remain in my mind! I always reminisce over those years.

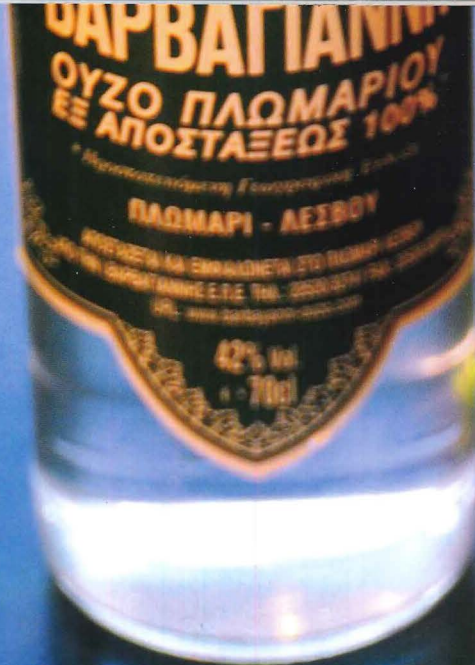
### INGREDIENTS:

- Slices of salami
- Slices of feta
- 2-3 olives
- 3-4 anchovies
- Sliced tomato
- Extra virgin olive oil
- Pork souvlaki

### PREPARATION

Arrange all of these in a small plate. Using crusty, lightly grilled bread, enjoy while sipping Ouzo. You can put a cube or two of ice in the glass of ouzo which turns milky. I am telling you it's a treat!





GREEK ANTIPASTO





## Hummus

The version of Greek Hummus that we serve at the Cafe is somewhat different from its Middle- Eastern "cousin"; it is thicker and more pungent in garlic. Delicious with fresh JOUJOUS Pita Bread.

### INGREDIENTS:

- 4 cups chick peas
- 5 cloves of garlic, very finely minced
- Juice of one lemon
- $\frac{1}{4}$  c u p tahini
- $\frac{1}{4}$  cup extra virgin olive oil

### PREPARATION:

Place chick peas in a large pot of water and let sit overnight. Drain the water in the morning. Return the chick peas to the pot and add salt and fresh water. Bring to boil, then simmer for about one hour until the beans are soft and tender. Drain the water and save the cooking liquid. Place the cooked beans in a food processor, add the garlic, lemon, tahini and  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of the cooking liquid. Add the oil slowly until a smooth paste is formed.

**Serves: 6**



## Meat Balls

KE-pTEaKm

### INGREDIENTS:

1½ lb chopped veal  
½ lb chopped beef  
1 medium red onion, grated  
5 garlic cloves, finely chopped  
3 tbsp extra virgin olive oil  
3 tbsp parsley, finely chopped  
5 tbsp fresh mint, finely chopped  
½ cup bread crumbs  
2 eggs  
A pinch of salt  
A pinch of pepper  
Flour for dusting  
Extra virgin olive oil for frying

### PREPARATION:

In a large bowl, add all the ingredients, except for the chopped meat and combine together. Now add the chopped meat and using two forks, mix to combine. Place in refrigerator for 1 hour. Remove the bowl from the refrigerator, take pieces of chopped meat mixture and shape them into meatballs. Flour each one and dust to remove excess flour. In a large frying pan, preheat olive oil and start frying meatballs till brown on all sides. Remove from the pan and drain on paper towels. Serve the meatballs with tzatziki.

Makes: 24 meat balls

## Skordalia

I:Kop8aAta

My cousin Koula still makes the best skordalia in the entire city of Patras. She uses the old method of the mortar and pestle to first mash the garlic with salt, then add the other ingredients to create the puree texture desired. Then she squeezes some lemon and drizzles extra virgin olive oil. I have watched her a few times and I've tried to duplicate the texture and taste but I have not succeeded. So, this recipe is very close and you will enjoy with fish or as an appetizer.

Skordalia is a traditional dish for the famous religious feast of St Andreas (Patron Saint of Patras) that is celebrated in Patras November 30th of each year.

### INGREDIENTS:

1½ pounds of potatoes for boiling  
12 cloves of garlic, minced or grated (to taste)  
1 cup extra virgin olive oil  
1 cup fish stock  
½ cup lemon juice  
4 pinches of salt

### PREPARATION:

Add the salt to a large pot of water. Peel the potatoes and boil in salted water until well done (easily pierced with a fork). Drain. Mash the potatoes and puree potatoes and garlic in a food processor. Slowly pour the oil and continue running the food processor. Pour the lemon juice as you continue running the food processor. Start pouring in the fish stock. The mixture should be creamy and smooth. If it gets too thick use some more fish stock. Serve either as an appetizer or with fried cod fish. Eating Skordalia with Cod fish (Bakalao) is a good way to enjoy it.

Serves: 4-5



## Roasted Peppers over Feta

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This is a delicious appetizer that can be made in a spare moment with very simple ingredients. When the roasted peppers mix with the tanginess of the Greek Feta they make an incredible combination of tastes.

### INGREDIENTS:

- 1 lb Greek or French Feta
- 4 whole roasted peppers, cut in strips
- ½ cup extra virgin olive oil
- 12 Kalamata olives
- 3 cherry tomatoes, cut in half
- Fresh basil, chopped

### PREPARATION:

Slice the Feta in square pieces about 1 inch each. Take each square and slice it into 4 long strips and try not to break the strips. Place 3 strips on a plate. Take each sliced roasted pepper and place on top of the cheese strips. Add the tomatoes. Sprinkle with plenty of the oil and the chopped basil. Place one Kalamata olive between the Feta strips. Serve with crusty bread or pita wedges.

**Serves: 4**



## Smoked Eel

KaltVierm XfAt

Eel has in a way disappeared from the American table when you consider that it once was a North American staple. I remember when I was a young teenager, in the summer months we would go to our summer home, in Ities, and just across from the entrance was a creek that always was completely full of water and I would catch small size Eels with my young brother Andreas; my mother would skin them and cook them in a skillet.

When I used to travel as an executive with a local international company to our offices overseas, I would very frequently visit our European headquarters in Aalsmeer, Holland.

My friend Wim Luijendijk would take me to lunch to this little cute restaurant across from the lake. Its name was *Het Bonte Schort* which means something like a checkered apron. I would always order smoked Eel, toasted bread and Sancerre wine. I will never forget it.

### INGREDIENTS:

Smoked eel from well known company  
(ie. Roland's)  
1 lemon  
½ red onion, diced  
Extra virgin olive oil

### PREPARATION:

Open Eel can. Place Eel filets in a plate including the juices from the can. Add olive oil. Add diced onions. Squeeze lots of lemon over the filet. Now you can start dipping crusty Italian bread, or toasted white bread in the juices and experience a delicious appetizer. Serve with Sancerre wine.

**Serves: 3-4**







TARAMASALATA



## Taramasalata Dip

Tapamac:mlca-ra

### INGREDIENTS:

- 8 oz tarama
- 6-7 thick slices crustless stale white bread  
(French or Italian)
- 8 oz extra virgin olive oil
- 1 tbsp red wine vinegar
- 2 lemons
- 1 medium-size white onion, finely chopped
- Kalamata olives for garnish

### PREPARATION:

Soak the bread in water. Squeeze out as much water as possible and leave on absorbent kitchen paper to dry thoroughly. In a food processor, place the onion, tarama, lemon juice, vinegar, sugar and bread. Process until smooth, scraping down the sides of the container. With the processor running, gradually pour the oil through the feeder tube. The oil must be added slowly enough so that it forms an emulsion. Taste, and add a little more vinegar, oil, and lemon juice, if necessary. (If it is salty tasting or fish-like smelling, add lemon juice and oil very slowly.) The finished consistency should be something like softly whipped cream, just firm enough to mound slightly when dropped from a spoon. The dip will get firmer as it chills. Scrape into a serving bowl and cover tightly. Chill for several hours before serving. Garnish with a few Kalamata olives. Serve with crusty bread or pita wedges.

**Serves: 6-8**

## Tzatziki

TsaTstKl

Cool and creamy, this tangy cucumber dip flavored with garlic is the perfect compliment to grilled meats and vegetables. It's served on the side with warm pita bread triangles for dipping, and is also used as a condiment for Souvlaki.

### INGREDIENTS:

- 3 tbsp. olive oil
- 1 tbsp. vinegar
- 3 cloves garlic, minced finely
- 1/2 tsp. salt
- 2 cups Greek yogurt, strained
- 1 cup sour cream
- 4 cucumbers, peeled, seeded and finely sliced
- 6 chopped fresh dill

### PREPARATION:

Combine olive oil, vinegar, garlic, salt, in a bowl. Mix until well combined. Using a whisk, blend the yogurt with the sour cream. Add the olive oil mixture to the yogurt mixture and mix well. Finally, add the cucumber and chopped fresh dill. Mix well. Chill for at least two hours before serving. Garnish with a sprig of fresh dill just before serving.

**Serves 3-5**





## Zucchini Patties

My mother-in-law Maddalena always without fail has been making these patties for every occasion or holiday when all of us get together. To give the patties a Greek Flavor I started telling her to add some Greek authentic Feta in the mix. You can make them with Feta or you can omit the Feta. In either case they are delicious. They are so tasty, that you can't stop eating them.

### INGREDIENTS:

- 2 ½ cups zucchini, coarsely grated
- 1 tsp salt
- 1 large egg
- ½ cup all purpose flour
- ½ cup Greek Feta, crumbled
- ½ cup green onions, chopped
- 1½ tbsp fresh dill, chopped
- ½ cup extra virgin olive oil
- Greek yogurt

### PREPARATION:

Toss zucchini and ½ teaspoon salt in large bowl. Transfer to sieve. Press out excess liquid; place zucchini in dry bowl. Mix in egg, yolk, ½ cup flour, cheese, and ½ teaspoon salt. Mix in parsley, onions, and dill. If batter is very wet, add more flour by spoonfuls. Heat 2 tablespoons olive oil in large skillet over medium heat. Working in batches, drop batter by rounded tablespoonfuls into skillet. Fry patties until golden, 5 minutes per side, adding more olive oil as needed. Transfer to paper towels. Can be made 1 day ahead. Place on baking sheet, cover, and chill. Re-warm uncovered in 350° oven 12 minutes. Serve with Tzatziki or Greek yogurt.

**Makes: 15-20 patties**





## SOUPS



## Avgolemono Soup

I:ouna AuyoAi::μovo

Chicken Soup Avgolemono is perhaps the most famous of all Greek soups. It's on the menu at every Greek restaurant for lunch or dinner and you'll find it as the first course at most Greek holiday celebrations. My mother always made it for all the Holidays with no exception. My father became an expert on the avgolemono soup and taught Ottavia my wife, so she makes it as good as any Greek housewife, even though she is Italian.

**Note:** If you like your soup very thick, you can add two tablespoons of cornstarch dissolved in a bit of warm water to the broth before adding the egg-lemon mixture.

### INGREDIENTS:

- 1 whole chicken, about 3 ½ lbs. with excess fat trimmed and breast skin removed
- 12 cups water
- 2 carrots, cut in half
- 2 celery stalks, cut in half
- 1 large onion, peeled and cut in half
- 2 bay leaves
- 5 whole black peppercorns
- 2 tsp salt
- ½ cup orzo pasta, or rice
- 3 eggs, at room temperature
- 1 tsp fresh lemon zest
- Juice of two lemons, strained
- Salt and freshly ground black pepper

### PREPARATION:

Add first eight ingredients to a large stockpot. Bring the water to a rapid boil, lower heat to medium low and simmer partially covered for approximately an hour to an hour and a half. Remove the chicken and vegetables to a bowl and carefully strain the broth through a fine sieve into a large bowl. Return the strained broth to the stockpot and bring to a boil. Add the orzo pasta and cook, uncovered for approximately 10-12 minutes until tender. While the pasta is cooking, prepare the egg-lemon mixture. Using a whisk beat the eggs until nice and frothy. Add the lemon zest and the lemon juice in a steady stream while continuing to whisk. When the pasta has finished cooking, turn off the heat. Ladle about two cups of broth into a bowl or large measuring cup. Slowly add the hot broth to the egg-lemon mixture while continuing to whisk. This will temper the eggs and prevent them from curdling once they are added to the hot broth. Stir the egg-lemon mixture into the pot and heat over very low heat for approximately 5 -10 minutes until heated through. Be careful not to boil the soup once the eggs have been added. Adjust your seasoning for salt and pepper and add more as desired.

**Serves: 6 - 8**







## Fasolatha

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Fasolatha-bean soup-is the national dish of Greece. It is also one of the most nutritious meals you can have. And it's easy to make. In our house, in Patras, it was on the menu twice a week. But, the best fasolatha was at the Papakosta tavern in Kana-kari street. We would go there and eat Fasolatha with raw white onion, bread, Feta and house made wine. The Papakosta tavern is long gone many years ago. But the taste of the *Fasolatha* (bean soup) can't be forgotten considering that the ingredients and the process are so simple. At Papakosta the renga (smoked herring) or the lakerda (salty tuna fish) with olive oil and lemon was the epitome of taste.

### INGREDIENTS:

400g dry white navy (haricot) beans  
½ cup olive oil  
1 large onion, grated  
A small bunch of celery, chopped finely  
A few sprigs of parsley, chopped finely  
2 medium carrots, sliced in thin rounds  
500g fresh tomato, pulped  
5 cloves of garlic, chopped  
1 tsp tomato paste  
Salt, pepper

### PREPARATION:

Boil some water in a large pot and pour the beans in. Let them cook for five minutes, then drain the water away and wash the beans. Apparently, beans contain certain toxins that can be eliminated by boiling them lightly in this way. You can use the same pot afterwards to heat the oil, and saute the onion and garlic in it. When they become translucent, add all the other ingredients to the pot and mix them into the oil; but withholding the salt, as it toughens dry beans and should be added toward the end of cooking time for best results. Add enough water to cover the pot with 3cm above the beans mixture and bring it to the boil. Cover the pot, turn the heat down to the minimum, and let the beans cook away for 1 1/2 hours.

**Serves:** 4-6

## Lentil Soup

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Use the lentils of your choice, but in Greece, this is traditionally made with small green-brown lentils. This soup can be made with or without tomatoes.

### INGREDIENTS:

½ lb small lentils, rinsed  
4¼ cups water  
1 medium onion, finely chopped  
1 cup extra virgin olive oil  
2 bay leaves  
2 carrots, sliced  
8 whole cloves of garlic  
Salt and pepper to taste  
5 stalks celery, chopped (including the leaves)  
¼ cup red wine vinegar

### PREPARATION:

In a heavy pot, add the water, bay leaves, onion, and garlic, carrots, onions. Bring to a slow boil over medium heat and add the lentils and oil. Reduce the heat and simmer partially covered for 1 to 1 1/2 hours, or until lentils are done. Remove from the heat, take out the bay leaves, stir in salt and pepper. Serve with red wine vinegar and crusty Italian bread.

**Serve** 4-5





LENTIL SOUP



## **Minestrone Soup with Pasta, Beans and Vegetables**

My mother-in-law Maddalena always tops the soup off with grated Parmesan cheese that gives the soup an extraordinary taste. Dipping crusty bread in the soup and a glass of red Italian wine makes this a perfect meal for lunch or dinner.

### **INGREDIENTS:**

- 3 cups chicken broth
- 1 16-oz can diced tomatoes
- 1 16-oz can white cannellini or navy beans,  
drained
- 2 carrots, peeled and chopped
- 5 cloves of garlic, chopped
- 2 celery stalks, chopped
- 1 onion, chopped
- 1 zucchini, chopped
- 3 bay leaves
- Salt and pepper

### **PREPARATION:**

In a pot, combine broth, tomatoes, beans, carrots, celery, onion, bay leaves, and salt and pepper to taste. Cover and cook for 3 hours. Thirty minutes before the soup is done cooking, add the zucchini. Cover and cook 30 more minutes. Remove bay leaves and season, to taste, with salt and pepper. Ladle soup into bowls and sprinkle parmesan over top.

**Serves: 4**

## **Pasta e Fagioli Soup**

This is a recipe that my mother-in-law, Maddalena, from Molfetta makes all the time. Delicious and wholesome. Eat with crusty Italian bread and a glass of red wine. Yum!

### **INGREDIENTS:**

- 2 tbsp (2 turns around the pan) extra virgin  
olive oil
- 2 sprigs rosemary
- 2 dry bay leaves
- 1 medium onion, finely chopped
- 1 small carrot, finely chopped
- 1 rib celery, finely chopped
- 8 clove garlic chopped
- Salt and pepper
- 3 (15-oz) cans cannellini beans
- 2 cups canned tomato sauce
- 2 cups water
- 1½ quarts chicken stock
- 4 cups ditalini (Italian pasta)
- Grated Romano, for sprinkling on top of soup  
when served
- Crusty bread

### **PREPARATION:**

Heat a deep pot over medium high heat and add oil. Add herb stems, bayleaf, chopped vegetables, and garlic. Season vegetables with salt and pepper. Add beans, tomato sauce, water, and stock to pot and raise heat to high. Bring soup to a rapid boil and add pasta. Reduce heat to medium and cook soup, stirring occasionally 10 to 12 minutes or until pasta is cooked al dente. Remove bay leaf from soup and place pot on table on a trivet. Let soup rest and begin to cool for a few minutes. Ladle soup into bowls and top with lots of grated cheese. Crusty bread for dipping in the juices. And glass of red wine will make a great meal!

**Serves: 4-6**





PASTA E FAGIOLI SOUP





## Split Pea Puree

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### INGREDIENTS:

3 cups split yellow peas  
6 cups water  
1½ white onion, chopped  
2 green onions, chopped for  
garnish  
Salt and pepper to taste  
Extra virgin olive oil

### PREPARATION:

Clean peas from ones discolored. Place in a pot and cover with water. Bring to boil. Cover and simmer for about 1 hour or so until peas are soft. Add salt and pepper. Pour puree into plates. Pour about a soup spoon extra virgin olive oil into each plate. Squeeze lemon over the purees. Crusty bread, and some sliced onions and black olives are a perfect accompaniment.

**Serves:6**





## MEATS



## Joho's Steak

To LŦEIK TOD ftawri

Only two short hours drive North of Johannesburg lies the African wonder that is Mahula Private Game Reserve. This malaria-free reserve is home to an abundance of wildlife and birds, including the world famous Big Five. Nearby, are the town of Warmbaths (Bela Bela) and its well-known mineral springs, or view the crocodiles over at Thaba Kwena Crocodile Farm. However, the true beauty of this timeshare is the activities, specifically the game viewing available on site. Best things about the resort: Set against a backdrop of lush green mountainous vegetation, the natural design and architecture of Mahula Private Game Lodge falls softly on the eye. We were there, at the Mahula lodge, me, Ottavia, and Wim and Krista, our friends from Holland.

That's where I introduced this recipe to about 15 couples that we invited from around the area and as far as Johannesburg to be entertained in the house that we had rented a few meters away from the actual bush!

So, I cooked these steaks that we bought at a Warm Bath butcher shop, freshly cut, in front of us, and when Wim Luijendijk asked for the price they said it was the equivalent of \$2.10 a pound. The same cut in the US would have been over \$12-15 a pound. I cooked them the same way as this recipe, and call them John's steaks. Simple ingredients and delicious taste.

We had red wine, steaks cooked on the fire, and were singing almost all night. Still have a tape somewhere with all of the singing that we did, most of it in Afrikaans. Unforgettable, indeed!

### INGREDIENTS:

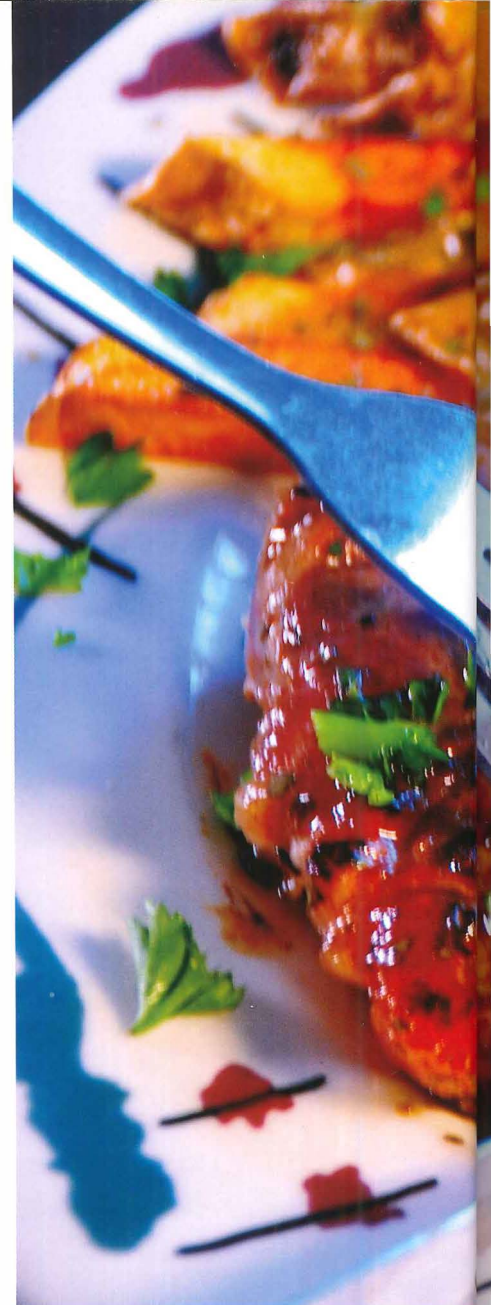
- 4 New York strip steaks
- 8 lemons (cut in half)
- 1 tsp pepper
- 1 stick of butter
- 4 tbsp salt
- 6 tbsp oregano

### PREPARATION:

Mix the oregano, salt and pepper in a bowl. Rub each steak on each side well, with the mixture of salt/pepper/oregano. Place steaks on medium-hot grill. Turn steaks over frequently (approx. every 2 minutes.) Once or twice spread some butter on the steaks as you turn them. Be sure that you squeeze lemon thoroughly each time the steaks are turned over. Grill steaks until meat is cooked to desired temperature. Remove steaks to a large platter and place all of the squeezed lemons on the meat and serve hot.

**Serves: 4**

OPPOSITE PAGE: Ottavia, John, Krista (Wim's fiance at the time) and our lodge driver Mubutu.











## Meatballs Avgolemono (Fricassee)

ΚΕ<ρΤΕβαΚία ΑuyoAEμovo

### INGREDIENTS:

#### *Meatballs:*

- 3 lb. lean ground chuck
- 1 cup bread crumbs
- 1/2 white onion, chopped
- 3 tbsp parsley, chopped
- 1/4 cup fresh mint, chopped
- 2 eggs
- 2 cloves of garlic, minced
- 1/4 cup extra virgin olive oil for frying

### PREPARATION:

In a mixing bowl combine meat with the ingredients and mix by hand to a smooth paste. Shape meatballs. Heat olive oil in a deep skillet and fry meatballs until brown on all sides.

### INGREDIENTS:

#### *Avgolemono (egg lemon):*

- 12 cups chicken broth
- 2 tbsp salt
- 1 lb orzo pasta
- 4 eggs, room temperature
- 1/4 cup fresh lemon juice, strained
- 1/2 cup fresh dill

### PREPARATION:

Bring the chicken broth to a boil. Add the orzo and cook uncovered for approx. 12-15 minutes and until orzo is tender and al dente. While the orzo is cooking prepare the egg-lemon mixture. Using a whisk beat the eggs until nice and frothy. Add the lemon juice in a steady stream while continuing to whisk. When the orzo has finished turn off the heat. Ladle 2 cups of broth into a measuring cup. Slowly add the hot broth to the egg-lemon mixture while continuing to whisk. *This will temper the eggs and prevent them from curdling.* Stir the egg mixture into the pot and stir well several times. Put all the meatballs in the pot and stir several times. Sprinkle the fresh dill in the Meatball-Avgolemono pot.

**Makes: 25-30 meatballs**





## Moussaka

MoucraKa

### INGREDIENTS:

2 ½ lb lean ground beef  
 3 medium eggplants  
 1 cup all purpose flour  
 1 cup extra virgin olive oil  
 ½ cup butter  
 1 ½ large onions minced  
 3 cups tomato sauce  
 ½ cup Parmesan cheese  
 Salt and pepper to taste  
 1 cup grated Parmesan cheese  
 1 tbsp ground cinnamon

#### *Bechamel sauce:*

6 tbsp butter  
 6 tbsp all-purpose flour  
 1 quart milk  
 1 teaspoon salt  
 1 tbsp nutmeg  
 2 eggs  
 1 tbsp cinnamon

### PREPARATION:

In a large skillet saute the onions in olive oil until translucent. Add the beef and brown. Add the tomato sauce, salt and pepper cinnamon and mix well. Simmer for about 20-25 minutes. Remove from heat and drain excess oil. Stir ½ cup of the Parmesan cheese. Sprinkle olive oil on the bottom of a 17 x 11 inch baking pan. Place a layer of eggplant slices on the bottom. Add a layer of the meat. Repeat 2 more layers ending with eggplant. Pour the Bechamel sauce and spread well to cover the entire baking pan. Sprinkle with remaining cheese. Bake at 350F for 1 ½ hours or until golden brown all over. Let it cool for 20 minutes and cut into squares.

**Makes: 24 pieces.**

#### *To make the Bechamel sauce:*

In a heavy sauce pan melt the butter over medium heat. Stir in the flour. Cook, stirring, until the mixture starts bubbling. Take off the heat and with a whisk stir the milk into the flour mixture. Return to medium heat and cook stirring. Reduce the heat and continue cooking for about 5 minutes constantly stirring. At this time the sauce should be very thick. Remove from the heat and add the nutmeg, cinnamon, salt until everything blends real well.

*Continued from page 39*

Beat the eggs in a small bowl. Add a spoonful of the hot sauce into the eggs to temper them. Add the egg mix into the sauce. Pour the sauce over the eggplant ground beef. Sprinkle with ground nutmeg and ground cinnamon and the Parmesan cheese.

Bake for 45 minutes, and until it turns golden brown. Let it cool off 15-20 minutes before cutting.

**Serves: 12-15**

## **Fetaburger™**

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People don't usually trademark a burger, we did ours because the Fetaburger™ from Nabeel's ain't no ordinary burger. Try it and you'll never have or make another burger!

### **INGREDIENTS:**

- 2 lb lean ground chuck
- ¼ cup soy sauce
- ¼ cup Worcestershire sauce
- ¼ cup garlic powder
- ¼ cup oregano
- ½ cup Kefalotyri, grated
- ¼ cup minced tomatoes
- ¼ cup extra virgin olive oil
- 2-3 pinches of salt to taste
- 2 pinches of pepper to taste
- 1 cup bread crumbs
- ½ white onion, processed  
in a processor
- 6 oz Greek or French Feta, sliced
- 4 slices Kasseri cheese

### **PREPARATION:**

Preheat grill for indirect heat. Mix all of the ingredients in a bowl very well. Form meat into 8 patties, about 3 inches in diameter and about 4 ounces each. Cut the Feta into 4 slices. Place one cheese slice between 2 patties and seal the edges. Repeat with remaining beef patties and cheese slices. Set aside. Arrange each Fetaburger™ on hot grate. Place slice of Kasseri on top of each Fetaburger™. Cook for about 6 minutes and to desired doneness; and until meat is cooked through and the Kasseri cheese is melted.

**Serves 4**





FETABURGER™



## Beef Stew with Okra

Mnaul£ µ£ Kpca

Okra, in various ways, in Greece is such a popular dish like Okra is in the South. A very hearty stew despite the amount of the ingredients.

### INGREDIENTS:

2 lb meat (beef) cut in serving pieses  
1½ lb fresh okra  
16 oz canned crushed tomatoes  
4 oz canned tomato puree  
1 medium onion chopped  
2 cloves garlic minced  
2 tbsp ground cumin  
3 tbsp ground cinnamon  
¼ tsp Turmeric  
¼ cup extra virgin olive oil  
½ stick butter  
3 tbsp clove powder  
6 cups water  
Salt and pepper to taste

### PREPARATION:

In a large sauce pan simmer the onions in olive oil. Add the meat and brown on both sides by stirring occasionally. When meat has browned add the olive oil, the canned tomatoes, the tomato paste, water and bring to a boil. Stir and combine well. After the meat starts getting tender add the cinnamon, clove powder, cumin and Turmeric. Add the salt and pepper to taste. Simmer for about 1 hour and add water if needed. In the meantime, in a skillet add butter and olive oil. Fry the okra in batches on all sides for about 10 minutes and put cooked batches in a platter with kitchen paper to drain. When all of the okra is fried put okra in the pot, stir gently and simmer on low heat for about 1 hour. Reserve the frying oil. Before everything tastes tender pour the oil from the skillet in the pot and shake the pot well a couple of times. You can serve as is or over white rice.

**Serves: 4**

## Beef Stew with Zucchini

Kpca µ£ KoAoKu0aKta

### INGREDIENTS:

2 lb beef shoulder chuck, cut in serving pieces  
2 lb zucchini, cut in rounds about 1 ½ inch pieces  
1½ cups extra virgin olive oil  
1 onion, chopped  
1 small can tomato paste  
7½ cups tomato sauce  
5 garlic cloves, chopped  
4 pinches of ground cinnamon  
3 pinches of Turmeric  
¼ cup extra virgin olive oil  
½ stick butter  
3 pinches of cumin  
4 pinches of ground cloves  
Salt and pepper to taste

### PREPARATION:

Saute the onion in olive oil, do not let them brown. Add the cut pieces of beef and brown on all sides. Add salt and pepper, tomato sauce, and paste, olive oil and garlic and ¼ cups water. Let it boil and stir so that it won't stick to the bottom of the pot. Reduce heat and simmer for 1 to 1½ hours, stirring occasionally. Add the cinnamon, cumin, Turmeric, and cloves. In a large skillet add butter and olive oil, and brown zucchini in batches on all sides 3-5 minutes. Remove each batch to kitchen paper in a platter to drain. When all is done and meat in the pot tender put all of the zucchini in the pot and shake several times to mix all of the ingredients together. Simmer for about ½ an hour and remove pot from the heat. Serve over rice.

**Serves: 4**



## Chicken Souvlaki (or Shish-Kebab or Skewers)

Ko-ronouAo rou AaKt

An easy and delicious way to recreate your favorite Greek dish at home. Some call it Kebab in Arabic, or Skewer. You can put any vegetables you want on the skewer, or even skip the vegetables and just

skewer the chicken. Greek Souvlaki traditionally calls for lamb, but you can make it with chicken, beef, shrimps or pork. Either way it's a delicious and healthy dish.

### INGREDIENTS:

- 4 chicken boneless breast cut into 2 inch pieces
- 8 cherry tomatoes
- ½ onion cut in large chunks
- 1 green bell pepper cut into chunks
- 8 mushrooms
- 8 cloves garlic
- 4 12 inch Kebab sticks
- 6 pinches of oregano
- 1 lemon cut in half
- Extra virgin olive oil for basting
- Salt and pepper to taste

### PREPARATION:

Thread chicken onto skewers alternately with tomatoes, onions, green bell pepper, garlic and mushrooms. Place skewers on the grill and sprinkle with salt, pepper and oregano. Cook about 10 minutes turning frequently. Squeeze lemon and baste with the olive oil during the last 3 minutes. When chicken is no longer pink and juices run clear remove from the grill. Serve with Greek Village Potatoes and a Greek Peasant Salad.

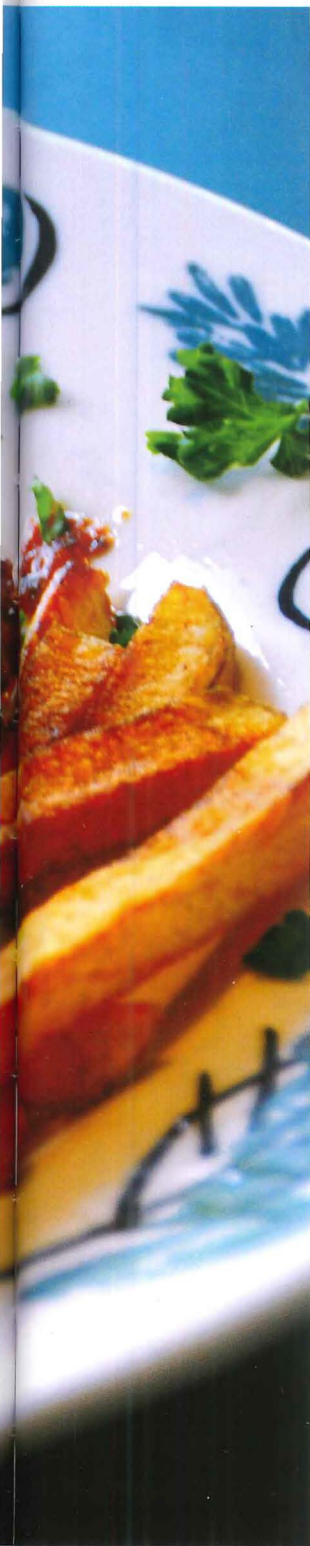
Serves 4











## Chicken Kokinisto with French Fries

Κο-ronouAo KoKKtvtno με Ila-ra-rt;

This dish is a guaranteed family favorite! It is made with only a few simple and healthy ingredients and takes less than an hour to make. It is absolutely delicious. We grew up on this dish and I hope you enjoy it as much as we did.

This dish was always signature dish at my friend's navvric; KouKoc; (John Koukos) restaurant in Patras. People from all over the place when in Patras would go to "Koukou" (KouKoc;) (John Koukos) a quaint place on the way to Achaia Clauss winery in the suburb of Patras, to have Kotopoulo (chicken) Kokinisto (in red sauce with (patates tiganites) fried potatoes. In the winter months we ate inside. The place was always packed, no matter what day of the week. In the summer months we ate outside, alfresco, under the stars and around lemon and orange orchards.

Every time I would go to Patras from the United States whether by myself or with my family, we would always go there and have the Kotopoulo Kokinisto with tiganites patates. Everytime I went there first I would go to the kitchen and talk to John's father. He would always say "Ka\waoptaec; Kupte navvri" (Welcome Mr. John). The place was frequently called "Kotopoulo Koukou" because of the popularity of this dish. I still salivate when I think about it. Now the KOUKOU restaurant has been long gone.

This dish is usually served with French fries, but feel free to substitute the fries with rice or pasta if you prefer. It may not be the same taste as the one at Koukou, but it will be close.

### INGREDIENTS:

- 8 pieces chicken breast
- 1 medium onion, chopped
- 4 cloves of garlic, finely minced
- 1 cup tomato sauce
- ½ cup extra virgin olive oil
- ½ glass red wine
- 5 pinches of clove
- 5 pinches of cinnamon
- Salt and pepper

### PREPARATION:

Before you begin to prepare the dish, wash the chicken thoroughly and season with salt and pepper. Allow to stand for about an hour. In a large pot over medium-high heat, add ¼ cup of olive oil and the onion. Stir a few times until the onion is translucent and brown on both sides. Place the chicken in the pot. Cook the chicken for a few minutes, turning it over a couple of times. Add the wine, garlic, onion, cloves, cinnamon and 1 teaspoon each of salt and pepper. Cover with the lid and allow the chicken to simmer for 2 to 3 minutes. Then add the tomato sauce to the chicken, and turn the heat to low. Allow the chicken to simmer with the lid on for one hour.

**NOTE:** Boneless beef (preferably chuck) can be substituted for chicken.

**Serves:** 3-4





## Chicken Stir Fry with Greek Feta

Ko-rorcouAo np <paĩµε <ε-ρα

A very simple and a very popular dish. This is a very tasty and healthy meal that everyone can enjoy at home.

### INGREDIENTS:

- 8 oz of boneless chicken breast halves
- 2 tbsp soy sauce
- 4 tbsp extra virgin olive oil
- 1½ tsp garlic powder
- 2 cups broccoli florets
- 1 cup cauliflower
- 1 cup carrots, thinly sliced
- ½ white onion, thinly sliced
- 2 pinches of oregano
- ½ cup Greek or French Feta

### PREPARATION:

Cut chicken into 1/2-in. strips. In a large skillet, heat the oil. Stir-fry chicken until no longer pink, about 3-5 minutes, sprinkle oregano. Add broccoli, carrots, onions, cauliflower and stir-fry for 3-4 minutes, or until crisp and tender, sprinkle the garlic powder and soy sauce, and mix all ingredients together. Before serving add the Feta and mix once. Serve hot.

**Serves 4-5**



## Chicken Wings with Potatoes

Ale di Polo con Patate

This a special, very easy, and inexpensive Italian favorite. Popular in the Trieste area of Italy as well as in Molfetta where my mother-in-law Maddalena lived after she moved during World War II from Trieste where their house was almost destroyed from

bombardments. She makes it for us when she comes to Birmingham from New Jersey, and I have learned to make it as good as she does. It is very simple and very easy to make. A very easy and tasty dish with no resemblance to American chicken wings.

### INGREDIENTS:

- 1 onion, 1/2 sliced in rounds and the other half coarsely chopped
- 2 large potatoes cut in rounds
- 4 lb chicken wings and thighs
- 2 pinches of oregano
- 4 tbsp fresh Italian parsley, chopped
- 1/4 cup water
- 1/4 cup extra virgin olive oil
- Grated Parmesan cheese

### PREPARATION:

Lightly oil the bottom of a pan. Place line of potatoes, then place all of the chicken wings and legs on top of the potatoes. Place the onions over the potatoes and the wings. Sprinkle the parsley over the wings and potatoes. Place another line of potatoes and chopped onions. Add the oil and the water. Salt and pepper to taste. Cover the pan with aluminum foil and cook at 375° for about 1 1/2 hours. Remove the aluminum foil at about 1 hour of cooking and continue cooking for another 1/2 an hour and check that potatoes are done. Serve with crusty bread.

**Serves:4**







## Pollo con Biselli (Chicken and Rice Casserole)

Most of our recipes are recipes that we use at home, either from my family (Krontiras), or my wife's family (Mastropasqua) This one is from my wife's family, my mother-in-law cooks for us those times when she stays with us.

### INGREDIENTS:

- 16-oz box quick-cooking brown rice  
(1 <sup>2</sup>/<sub>3</sub> cups)
- 1 small onion, chopped
- 3 tbsp extra virgin olive oil
- 1 can (14½ oz) stewed tomatoes
- 1 can (14½ oz) chicken broth
- 1 tsp paprika
- 3 tsp Greek oregano
- 1 7-oz jar Bulgarian roasted peppers,  
drained and chopped
- 1 large skinless, boneless chicken breast  
about ¾ lb.) cut in 1-inch pieces
- 4 bay leaves
- 1 cup fresh or frozen peas
- Salt to taste

### PREPARATION:

Preheat oven to 375 degrees. In 2-quart casserole, combine rice, onion, oil. Add tomatoes, broth, paprika, oregano, ground pepper, roasted peppers, and bay leaves. Stir, then cover and bake for 25 minutes. Stir in peas and continue to bake, uncovered, for an additional 25 minutes or until the broth is absorbed. Add salt, remove bay leaves and serve.

**Serves 6**





## Kayana (Eggs with tomatoes)

Kaymva (Auya μς vημα, m;)

My father Antonis (Anthony) when in the United States always would fix us breakfast Eggs Kayana. Especially for Christmas and New Years Holidays we couldn't wait to wake up in the morning and smell the eggs getting sauteed and ready for breakfast. After a while we started calling this dish Papoulis Kayana, Papouli is for Papou (Grandpa)

### INGREDIENTS:

- ½ cup extra virgin olive oil
- 2-3 ripened tomatoes chopped
- 4 eggs (scrambled)
- ¼ lb Greek Feta
- Salt & pepper

### PREPARATION:

Wash and cut the tomatoes. In a big frying pan put the cut tomatoes and mix them until the water is soaked up (in low heat). Add the extra virgin olive oil and the eggs, after you stir them in a bowl. Add the Feta. Add some salt and pepper. Check the eggs

and the mixture of the tomatoes until they get a brownish color and take them out of the frying pan. Serve with crusty Italian bread.

**Serve: 4-5**











## Classic Roast Leg of Lamb with Potatoes

KAamKo Apvicno Mnoun μΕ Ιλα'Τα'ΤΕ

If you ask any Greek what his or her favorite dish is, the reply will probably be "Roasted Lamb." If you inquire further, they will start to describe the taste and the crackling skin of the Roasted Leg of Lamb. This recipe has been requested by several of our customers and from two good friends of my wife's "Our Lady of Sorrows" choir.

This is the food Greeks associate with religious and family Feasts - Easter, Christmas and other joyous occasions. Fragrant with garlic, oregano, and basted with fresh lemon juice, which complements the flavor of the lamb meat. The potatoes cooked in the same pan, absorb all the flavors and juices and become tender with crispy tops and taste delicious! It is the most favored dish for Easter, which is the most celebrated Christian feast in whole of Greece.

### INGREDIENTS:

- 8 cloves cut in half
- 5 tbsp oregano
- ½ lb Kefalograviera or Parmesan cheese,  
cut in small cubes
- Salt and pepper
- 1¼ cups extra virgin olive oil
- 1 cup water
- 7-10 pound bone-in leg of lamb
- 4-5 lemons
- 6-8 potatoes, peeled and cut length wise
- 2-3 sprigs of fresh rosemary

### PREPARATION:

Make about 15 slits with a sharp knife all over the lamb and insert in sequence, parmesan cheese, garlic, a pinch of salt, pepper, and a pinch of oregano. Do the same for all other slits. Cut each potato in half and peel. Cut the half potatoes in long slices and place in the pan. Squeeze 2-3 lemons over the lamb and the potatoes. Sprinkle oregano over the leg of lamb and the potatoes. Pour the olive oil over the lamb and the potatoes. Pour the water over the lamb and the potatoes. Place the sprigs of rosemary, after you separate them, over the lamb and the potatoes. Warm



*Continued from page 51*

the oven to 350°. Place the pan uncovered in the oven and cook for approximately 1 hour. Periodically check the lamb and baste with the juices. With either a meat thermometer or a sharp knife check to see if meat is done. When meat is done (it may take 2 hours) turn the oven to BROIL at 450°, for

about 5 minutes, or until the surface is deep brown and crackling, continue basting with juices. Remove from the oven, carve the lamb and serve with the potatoes.

**Serves 6-10**

## Oven Roasted Lamb with Rice and Yogurt

Apvt to <Doupvo Mc Pust Km I'taoupn1

I will always remember when my mother on Sunday would make this dish. She would have either me or my brother or our housemaid take it to the baker (mo cpoupvapri.)

The bakery's name was Zografou, and it's still there. One of the most fascinating things was me trying to figure out how did the baker know whose pan was whose, and how he was able to pull out of the oven the right one at the dght time. When I would take it to him, with white chalk he would write the name on the pan and then shove it in the oven. A couple of hours later (or when he told me to go back and pick it up) we would go and pick it up and bring it home for lunch or dinner. We would mix the rice with the yogurt, and it was so delicious. I still remember and am still wondering how did the baker know whose pan it was and when it had to come out of the oven. It still amazes me!

### INGREDIENTS:

- 2 lb lamb
- 2 cups rice
- 3 cups greek yogurt, strained
- 1 medium red onion, finely chopped

### Ingredients (continued):

- 1 garlic clove, finely chopped
- ½ cup extra virgin olive oil
- 6 cups water
- A pinch of salt and pepper

### PREPARATION:

Put lamb pieces in a pot, add water, onion, garlic, and boil for 30 minutes. Remove froth when needed. Preheat the oven to 350 degrees F. Transfer the ingredients from the pot to a medium sized baking pan, pour over the olive oil and bake in the preheated oven for about 15-20 minutes. Then, add the rice, stir lightly and continue baking for another 20 minutes. You can add some more boiling water, if needed. Once the rice is done, turn off the oven and allow lamb and rice to sit in the oven for about 5 minutes, until liquids are absorbed. Add the yogurt, Greek yogurt called sakoulas, stir to combine and serve. You may eliminate yogurt, if not an acquired taste, BUT I WOULDN'T SUGGEST THAT YOU DO THAT. If not you will acquire the taste, I assure you.

**Serves: 6**



## Lamb Fricassee

Apvt < pKaaf

### INGREDIENTS:

- 1 large onion, chopped
- 2 lb lamb loin chops
- 2 lb. boneless lamb cut in serving pieces
- ¼ cup fresh dill
- 3 bunches of romaine lettuce, chopped
- 3 bunches of spring onions, cut about 1 inch and also cut half way into the green part
- 1 cup extra virgin olive oil
- 2 cups water
- Salt and pepper to taste

### AVGOLEMONO SAUCE

#### INGREDIENTS:

- 4 eggs, separated
- Juice of 4 lemons

### SAUCE PREPARATION:

In a bowl, or food processor, beat egg whites, first until very frothy, about 2-3 minutes. Add the egg yolks and continue beating till everything is very frothy and fluffy. Add lemon juice slowly and continue beating the eggs.

### PREPARATION:

Add oil in the pot and onion. Brown onion until transparent. Add lamb and lamb loin chops. Brown on both sides. Add olive oil and water and let it come to a boil. When the meat is about half done add the chopped lettuce, chopped spring onions, and chopped dill. Push well into the pot's juices so that they are covered. Cook for about 45 minutes until the meat is very tender. Temper the avgolemono mix and then pour it over the meat and lettuce in the pot. Shake the pot three or four times. *Do not stir.* Remove from heat and serve.

**Serves: 4**











## Grilled Lamb Chops Radou

IlmoaKta Apvtcrta Paoou

One year my whole family visited my father's village, Zygovisti in Arkadia. Over 1000 feet above sea level; a small, beautiful place that even in the summer months most of the times at night you must wear a sweater. My cousin George Kostouros told us of this little village called Radou near Zygovisti. We went there on a very snowy day. We drove in the village that was totally deserted due to the weather. We ended up in a small tavern that was ready to close the doors. Really a hole in the wall. After the owners welcomed us, even though they were not prepared for customers, they started cooking different foods for us and whatever was available. One of these was very small rib lamb chops perfectly grilled that all of us started eating like someone eats "lollipops" with our hands. Just delicious! When I started Nabeel's in 1993, I remembered the lamb chops that we had that day at Radou and now at Nabeel's, we serve "Grilled Lamb Chops Radou."

### INGREDIENTS:

- 18 small lamb rib chops
- ½ cup oregano
- ½ cup extra virgin olive oil for drizzling
- 4 lemons, cut in half
- ½ tomato, sliced in 3-4 slices
- ¼ white onion, chopped
- Pinch of oregano
- Salt and pepper to taste

### PREPARATION:

Light a grill. Brush the lamb chops with olive oil. Squeeze lemon on both sides of the chops. Mix the salt and pepper and oregano in a bowl. Sprinkle pinches of the oregano-salt-pepper mix on both sides of the lamb chops. Grill about 2-3 minutes on each side and squeeze lemon each time you turn. While chops are cooking add the onions and sliced tomatoes to the grill pan and sprinkle both with oregano and salt and pepper. Transfer the chops in a platter and squeeze lemon on them.

**Serves: 6**



LAMB SOUVLAKI







## Lamb Souvlaki

Apvt LOUAaKt

### INGREDIENTS:

3 lb. leg of lamb (or pork, or  
beef, or chicken)  
½ cup extra virgin olive oil  
Juice of 3 lemons  
3 tomatoes, cut in wedges or  
whole cherry tomatoes  
Garlic cloves, (2 for each  
Souvlaki)  
4 tbsp oregano  
Salt and pepper

### PREPARATION:

Cut the meat in about 1½ inch cubes and place in a bowl. Add remaining ingredients and mix well. You may do overnight and leave in the refrigerator to marinate. Take lamb or other meat cubes and thread by alternating with garlic and tomatoes/cherry tomatoes onto water soaked wooden skewers. Cook under a hot grill frequently basting with marinade for 6-8 minutes by turning occasionally. Serve with Greek Peasant Salad (see pg. 112) and crusty bread.

**Serves: 8-10**

## Marinated Pork Loin

### INGREDIENTS:

1 boneless pork loin (2-2½ lb.)  
4 cloves of garlic, minced  
3 tbsp fresh parsley, chopped  
1 tbsp mustard  
Juice of 2 lemons  
3 tbsp thyme  
3 tbsp basil  
2 tbsp Greek dressing  
2 pinches of salt  
½ tsp red pepper  
Sugar

### PREPARATION:

In a small bowl, stir together the parsley, the garlic, mustard, a little water, thyme, basil, sugar and Greek dressing (extra virgin olive oil, lemon, oregano, salt and pepper), salt and pepper. Place pork in a pan and spread with the mixture. Preheat the oven to 350°. Place pork in a roasting pan. Roast for about an hour and continuously brush the roast with a mixture of the lemon juice-oregano and extra virgin olive oil.

**Serves: 6**



## Pork Tenderloin with Celery and Avgolemono Sauce

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### INGREDIENTS:

3 lb pork tenderloin, cut in serving pieces  
2 lb pork loin chops with bone intact  
1 cup extra virgin olive oil  
2 onions, chopped  
5-6 celery (clean strings and cut in halves)  
3 pinches of oregano  
4 lemons cut in half  
Salt and pepper to taste

### PREPARATION:

Heat some olive oil in the pot on high heat. Place chopped onions and 2 pinches of oregano. Stir onions until translucent but not browned. Place the meat in the pot and brown all over. When the meat is browned pour the remaining olive oil in the pot. Pour 2 cups of water and continue cooking on high heat. Be sure that the meat does not stick to the bottom of the pot. While this is cooking, in another pot with water place the celery and let cook until soft but not completely cooked. When the meat is almost done take out of the pot and place in platter. Remove the celery from other the pot and place in the meat pot and simmer for 10-15 minutes. Add some of the water from the boiled celery pot and continue cooking. When celery is soft add the meat, mix well, by shaking the pot and let it simmer for about 5 minutes.

### *Avgolemono Sauce*

In a mixer break 5 eggs and separate the yellow by placing it on the side. Beat the white until very frothy. Add the yellows and continue beating until everything becomes one. Add the juice of the 4 lemons and continue running the mixer until everything mixes well. Take a cup and get some of the sauce from the meat/celery pot and slowly pour into the egg mix while you are running the mixer. When this is done add the entire mix into the meat/celery pot. Shake well 3-4 times and take off the stove. Serve with crusty bread and white wine.

**Serves:6**

## Greek Honey and Lemon Pork Chops

### INGREDIENTS:

4 pork loin chops, ½ inch thick  
(about 1 pound)  
1 tbsp all-purpose Greek seasoning  
1 tsp grated lemon peel  
3 tbsp lemon juice  
3 tbsp Honey Attikis\*  
2 pinches of oregano  
Salt and black pepper to taste

\*Honey Attikis, you will find in most Mediterranean food stores.

### PREPARATION:

Set oven to broil. Place pork on rack in broiler pan. Mix honey with the oregano. Mix remaining ingredients. Brush honey mixture evenly on top of pork chops (both sides). Broil with tops 4 to 6 inches from heat 7 to 8 minutes turning once and brushing with the honey mixture, until slightly pink when cut near the bone. Discard any remaining honey. Serve with salad using fresh spinach, artichoke hearts, tomatoes Kalamata olives and extra virgin olive oil, for a real Greek treat.

**Serves 4**





## Quails Riganato

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### INGREDIENTS:

4-6 quails  
 ½ onion, chopped  
 1 cup extra virgin olive oil  
 Juice of 4 lemons  
 6 garlic cloves, sliced  
 Salt, pepper  
 3 bay leaf  
 ¼ cup oregano  
 White wine to cook and serve

### PREPARATION:

Wash clean the quails. In a pot put some of the extra virgin olive oil, and add the chopped onions and lightly brown. Add the quails and brown on both sides. Watch for the quails not to stick at the bottom of

the pot. Do so by continuously stirring them. Add the garlic and the rest of the oil. Add ½ cup of hot water. Add the oregano and bay leaf and simmer for 20 minutes. Add the juice of all the lemons and a ½ glass of white wine. Continue simmering for another 15 minutes until the quails are soft. Serve the quails and add the remaining sauce from the pot over them. With a glass of white wine and dipping crusty bread in the sauce you have an incredible delicious taste. You can do the Riganato, with various types of meats. Particularly with pork will be another great taste.

**Serves: 3-4**



John hunting quail in Alabama



## Rabbit with Onions

Aayor:, L-cu<pabo

My uncle Andreas, Koula's father, would always bring rabbits when he returned from his hunting trips. My mother or my aunt Nikolitsa would make Styfado that was so good I still remember it today. So, I started doing it again, the same way with the pearl onions and the tomato sauce, tomato paste and vinegar. Indescribably delicious.

### INGREDIENTS:

- 1 rabbit about 4 lb, cut into serving pieces.
- 1 white onion, chopped
- 1 cup red wine vinegar
- ½ cup extra virgin olive oil
- 6 tbsp tomato paste
- 1 cup tomato sauce
- 3 lb small pearl onions
- ½ tbsp cloves

### PREPARATION:

Sautee the onion with olive oil. Place the rabbit pieces in the pot and brown. Pour the oil, tomato sauce and tomato paste in the pot. Stir well and bring to boil. Simmer in moderate heat for about half an hour. Pour the vinegar in the pot and stir. While the rabbit is cooking remove the tops of the pearl onions and place in a bowl. Cut the root ends. Place in very hot water and skins will slip off very easy. Put the onions in the pot and cook for 1-2 hours more and until the rabbit meat is soft and tender.

**Serves: 4**

## Youvetsaki

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This is a very popular dish in Greece, and most likely you can find it in any restaurant as it is quite easy to prepare, Youvestaki or Youvetsi is a mixture of different ingredients together including orzo pasta, and it is always made in an individual ceramic pot. It can be made with lamb, and other meats can be used if you prefer.

### INGREDIENTS:

- 1 boneless leg of lamb, cut into serving portions
- 2 lbs orzo (cook according to the label direction)
- 1 onion, chopped
- 1 16-oz can tomato juice
- 1 6-oz can tomato paste
- 5 cloves
- 1 cinnamon stick
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

### PREPARATION:

Saute the onions, but don't let them brown. Add the lamb in the oil and brown all over. Add the tomato sauce and oil, and boil. Stir well so that it won't stick to the bottom of the pot. Add the water and simmer for 1½ hours. While it is simmering add the cinnamon, cloves, salt and pepper and stir. Cook the meat until tender, and by this time the water has been reduced a lot. Remove the cinnamon stick and the cloves and transfer to an oven dish that you then place in a preheated oven at 350°. When it starts bubbling remove from the oven and add the orzo. Stir the orzo in well and place in the oven one more time. Cook for another 5 minutes until all the liquids have been absorbed. Serve in individual ceramic pots, and top with Kefalograviera or Parmesan cheese.

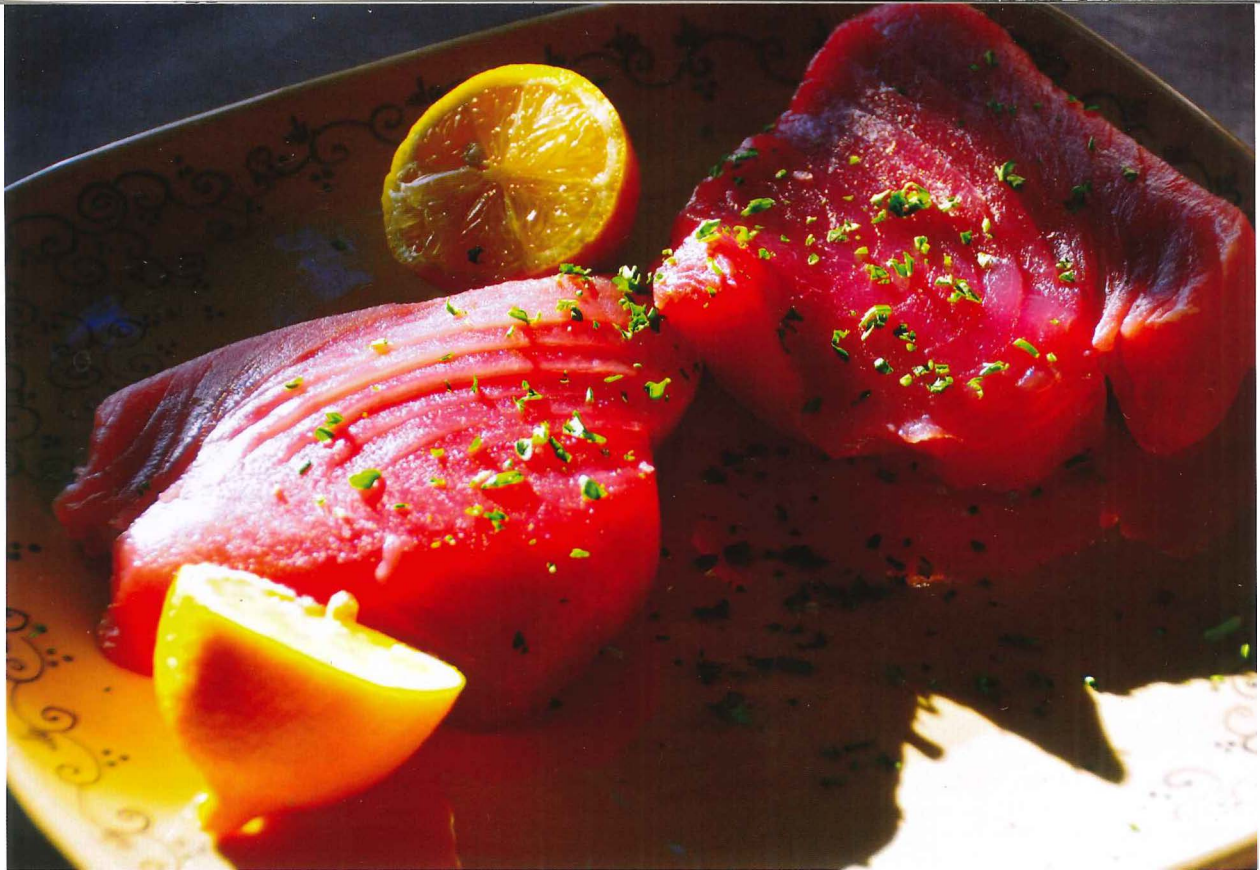
**Serves: 4**





SEAFood





## An Ancient Greek Recipe

Today, it is very difficult to prepare a dish exactly as it was prepared in ancient times. We do not have the right utensils or the many different spices that were used by the ancient chefs to bind together the recipe. In the last few centuries many people, including chefs, philologists, archeologists, and botanists, have become interested in the art of ancient Greek cooking, starting from pre-historic times and the Greek years. By continually testing, modifying and improving, they have managed to give us some recipes that have turned the tide back toward the first flavors used. They are good recipes that are tasty and enjoyable. For us Greeks, as we will see further down, the continuing thread of flavors doesn't seem to have been cut. In forgotten corners of our country, one is pleasantly surprised by food that is clearly prepared as it was in centuries past.

Try the recipe below and let yourself go back to the ancient culture of the Greeks. This recipe supposes to be over 2,000 years old!

### INGREDIENTS:

- 8 tbsp extra virgin olive oil
- 6 pieces of tuna
- 8 leeks, cut in rounds
- 8 celery sticks, finely chopped
- 1 tsp rosemary
- 1 tsp thyme
- Half of a medium sized cucumber, cut in rounds
- 2 ½ cups water
- 2 ½ cups dry white wine
- Salt and pepper

### PREPARATION:

Heat the oil in a large saucepan and saute the leeks and the celery until soft. Add the herbs, the cucumber, the water, and the wine. Mix well and put the tuna slices on top of the vegetables. Cover the pan and boil on a low heat for 30-45 minutes, according to the thickness of the tuna. Serve with rice and a green tossed salad.

**Serves:6**



## Baked Fish, Greek style

'Papi *ow* <oupvo

### INGREDIENTS:

- 1 whole small fish about 2 1/2-3 lb (when available we use tsipoura, but you can use snapper)
- Juice of 2 lemons
- 1/2 cup extra virgin olive oil
- 1 lb potatoes, thinly sliced
- 1/2 cup oregano

### PREPARATION:

Buy the fish cleaned and gutted. Slice the fish on each side in 3 places. Sprinkle inside and out with oregano and salt. Brush the inside and outside with the olive oil. Place fish in an oiled baking dish. Arrange sliced potatoes around the fish and pour remaining lemon juice over potatoes and fish. Pour the rest of olive oil over the fish and the potatoes. Sprinkle remaining oregano on fish and potatoes. Cover baking dish with aluminum foil. Cook at 350° for about 35-40 minutes. Remove cover and continue to cook for another 10-20 minutes or until fish and potatoes are cooked. (If the fish is cooked already, remove the fish and place in a platter) and continue cooking the potatoes in the juices. Serve immediately, with boiled green vegetables such as spinach or endive.

Another excellent variation (from the island of Rhodes)-in the last 15 minutes of cooking add 3 tablespoons of drained and rinsed capers, mixed with olive oil.

**Serves: 2**

## Baked Sea Bass

Ilccnpocpa *aro* <oupvo

### INGREDIENTS:

- 3 lb sea bass gutted
- 6 sprigs fresh rosemary
- 1 lemon thinly sliced
- 5 tbsp extra virgin olive oil

#### *Garlic sauce*

- 2 tsp coarse sea salt
- 6 tbsp capers
- 2 tbsp Greek oregano
- 6 garlic cloves, crushed
- 3 fresh bay leaves
- 6 tbsp lemon juice
- 5 tbsp water
- 4 tbsp extra virgin olive oil
- Pepper to taste

### PREPARATION:

Using a sharp knife, cut 4-5 diagonal slashes on each side of the fish. Place a sprig or two of rosemary in the cavity of each fish and half the lemon slices. Place fish in a foil-lined baking dish brushed with oil and brush the fish with the rest of the oil. Cook in a preheated oven at 375° 35-40 minutes until the thickest part of the fish is opaque.

For the sauce, crush the salt and capers with the garlic in a mortar with a pestle and then gradually work in the water. If the mortar and pestle are not available put ingredients in a food processor and process until smooth. Bruise the bay leaves and remaining sprigs of rosemary and put in a bowl. Add the garlic mixture, lemon juice and oil and pound together; season to taste with pepper. Transfer the fish to a warm serving dish, and (if preferred) remove the skin. Spoon the remaining sauce over fish and serve.

**Serves 4**



## Baked Salmon with Lemon, Onions and Garlic

Βολι.κομ.ο.ς με ΑΕμ.ο.ν.τ, Κρεμμύδια Κατ κ.Κορ.8ο

### INGREDIENTS:

4 salmon steaks  
1 onion, sliced in rounds  
½ cup extra virgin olive oil  
1 lemon  
6 tbsps Greek oregano

### PREPARATION:

Marinate the salmon steaks in Greek dressing and sprinkle the oregano all over the fish and squeeze plenty of lemon. Leave in marinade for about 4-5 min. In the meantime preheat the oven to 375°. Place salmon steaks in baking pan and pour all of the marinade over the steaks, squeeze some lemon over it, drizzle the rest of the Greek oregano. Bake for 10-15 min. or until the salmon is tender and soft in the center. Serve with a peasant Greek salad or tossed green salad.

**Serves: 4**

## Briam with Shrimp and Greek Feta

Μη.π.τα.μ με <Τ.α.α Κατ Γ.α.π.τ.β.ε

Briam is the answer to an oven-baked Ratatouille of summer vegetables based on sliced potatoes and zucchini in olive oil. It includes eggplant, tomatoes, onions, and ample aromatic herbs and seasonings. When I was young in the summer months we would go to our summer home in Ities. My mother together with me, my brother Andreas and my sister Maro would go to pick the right vegetables (we had over 9 acres of land) so that she could prepare and cook the Briam.

I remember that she never used a square baking tray, but always she used a round one, that allowed all of the juices of the different vegetables to mix and blend together. The caretaker (Kyrios Nikos as we called him) with his wife at the house would make crusty bread for us in the outdoor "Fourno" oven. We would dip the bread in the juices for a great lunch or dinner.

### INGREDIENTS:

20 large shrimps size 26-30  
2 large green bell peppers  
3 medium potatoes, peeled and sliced in rounds  
1 large red pepper  
3 tomatoes, sliced  
½ lb Greek Feta, crumbled  
1 large eggplant, sliced in rounds and cubes

### Ingredients (continued):

4 zucchini, cut in rounds  
1 large white onion, sliced  
10 garlic cloves, sliced  
8 scallions, chopped  
1 cup fresh parsley, chopped  
½ cup tomato puree  
6 cups water  
1½ cups extra virgin olive oil  
4 pinches of oregano  
Salt and pepper to taste

### PREPARATION:

Drizzle the bottom of the pan with some oil. Cover the bottom with the potato rounds, followed by the eggplant and the zucchini slices. Put the garlic on top with the onion slices, the chopped parsley, sliced peppers tomatoes and season with salt and pepper. Add olive oil and water and tomato puree and cook for about an hour at 350° until the vegetables are soft. Shell the shrimps, remove the heads, and score the back to remove the vein. Brush shrimps with olive oil and lemon. Saute shrimp in a skillet with white wine for about 1 minute. Add the shrimps to the vegetable pot and cook for about 3 minutes and then add the feta. Serve with bread.

**Serves: 6**



## Faliron Marinated Swordfish Skewers

### INGREDIENTS:

2 ½ lb swordfish steaks cut in cubes  
6 tbsp extra virgin olive oil  
4 large red onions finely chopped  
5 garlic cloves finely minced  
4 tbsp Greek oregano  
1 tbsp sugar  
8 ripe Roma tomatoes, quartered  
3 lemons quartered  
Salt and pepper to taste

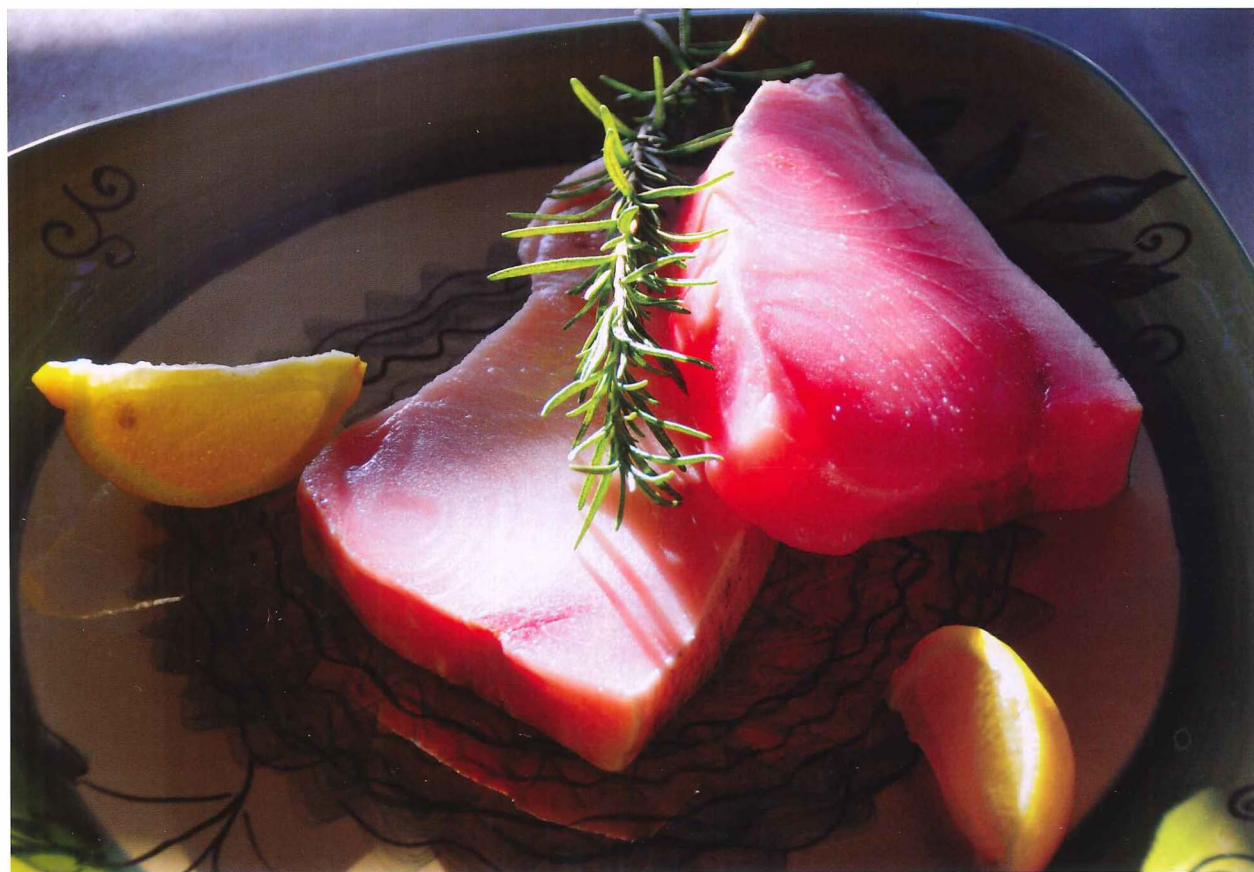
### *Marinade:*

¼ cup Greek dressing (extra virgin olive oil,  
lemon, oregano, salt and pepper)  
1 cup extra virgin olive oil  
Juice of 1 ½ lemon  
8 tbsp Greek oregano

### PREPARATION:

Place the swordfish cubes in the marinade and mix well. Put aside. In a large skillet heat the olive oil and add onions and tomatoes, over medium heat for 2-3 min. or until they begin to brown. Lower heat to low and add the oregano, garlic, salt and pepper and the sugar. Stir frequently and add more oil if needed. Continue to simmer until most of the juices have been evaporated. Prepare the grill. Thread the fish into skewers and place over the grill for 3-4 min or until fish is lightly brown. During cooking turn skewers once during grilling. Remove from grill and place in a platter. Place a scoop of the tomato mixture in a plate topped with the grilled skewers and pour the Greek dressing over it. Garnish with parsley and some quartered lemons.

**Serves: 4**







## Fried Cod with Garlic Sauce

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Patras is over 3000 years old. Patras is known for its Patron Saint the Apostle Andreas. He was crucified upside down in Patras in a cross in the shape of an X, and from this we have built a great church. What that has to do with this recipe? This recipe is famous all over Greece, and it's the celebratory dish in Patras for the Saint Andrew name date on November 30th of each year (in Greece every Saint has a name date). My cousin Koula Kotsopoulos has become famous for the way she makes Skordalia and Fried Cod fish. Not only the way she makes it but the way it tastes. It's so tasty that even people that don't associate with her, want to have a taste of her Skordalia. This is her recipe.

### INGREDIENTS:

2 lbs cod fish bone-in  
1 cup all purpose flour  
1½ cup extra virgin olive oil  
2 eggs, beaten  
2 lbs. potatoes  
3 whole garlic  
3 lemons  
1 beer  
Salt

### PREPARATION:

Soak the bone-in salted cod in water for 24 hours, changing water several times. After that cut into serving pieces. Mix the flour, eggs, salt, 1 tbsp olive oil and ½ of the beer. Mix well and coat the cod pieces all over. In a hot pan fry the cod pieces until golden, then place on top of paper towels to drain. Serve with Skordalia (Garlic Sauce) See page 21.

**Serves: 4-5**



## Fried Smelts or Anchovies

φαπόρι; Ττυαβνός;

If you ever visit Greece, you must definitely try (φαπόρι; Ττυαβνός;-Gavros Tiganitos)) Fried Smelts or Anchovies. There is nothing quite as good as fried fresh anchovies and white wine or even Ouzo. Although anchovies are one of the cheapest fish in Greece, they are so tasty and so healthy. You get Omega 3 fatty acids from the fish.

I have memories as a child of my mother frying anchovies or φαπόρι. Every time I go to Patras (and I used to go about once every 2 months from our office in Aalsmeer, Holland) I remember going to this little restaurant at Rion, The name was GAD-LOU, right on the water and across the little ferry boats (before they built the longest bridge in the world to connect Rion with Antirion). I sat outside and always ordered fried smelts, peasant salad and white wine. The first time after so many years I had left Patras and gone to the restaurant, Mr. Gadolos remembered me; the restaurant is not there anymore!

The smelts were fried with the heads on. Fried anchovies/smelts make a simple but very tempting dish, but you need to follow a few basic rules to get it absolutely right. In order to achieve a golden and crisp crust outside you must make sure that the olive oil is very hot when frying and not to overload the frying pan.

Put an ample amount of oil in the pan, let it heat, and just before the smoking point put in the fish. I know when the oil is hot enough by just putting my

hand over the pan. If you can feel the heat coming from the pan, this means the oil is ready. Alternatively, if you have doubt, heat the olive oil for 3-4 minutes, then just put one fish in the pan and wait until you hear it sizzle and then add the remaining. When you add the first batch do not mix until they are cooked on the one side and then turn on the other.

Serve them with freshly fried potatoes (again fried in olive oil) and a peasant salad and a dry white wine. Just delicious.

### INGREDIENTS:

2 lbs smelts\* or anchovies

1 cup flour

4 pinches of salt

Extra virgin olive oil

Lemon juice to sprinkle on top

\*available at local fish markets, or frozen

### PREPARATION:

Remove head by pulling (if you like-or leave heads on). Wash, strain, add a sprinkle of salt. Mix the flour with more salt and coat the anchovies. Heat the olive oil and fry until golden crispy. Place on absorbent kitchen paper to remove excess oil. Serve with some lemon juice, peasant salad, Feta and white wine!

**Serves:5**







## Greek Fried Fish with Garlic and Rosemary

'Papi a opo

My father used to make this with Barbounia (Red Mullet), one of the most expensive and tasty fish in all of Greece as well as Italy. In Italy it is called Triglia see photo above. The Red Mullet here in the United States is not the same at all and it tastes completely different. For this recipe you can use Trout that will make this recipe very tasty and as close as possible to the red mullet of Greece and Haly. If you have leftovers, place them in the refrigerator and eat the next day cold. Its taste is unimaginable!!

### INGREDIENTS:

4 lbs whole fish (heads off) trout preferably  
 ½ cup extra virgin olive oil for frying  
 Plain flour  
 8 cloves of garlic  
 4 tbsp fresh rosemary leaves  
 ½ cup red wine vinegar  
 Salt to taste

### PREPARATION:

Scale and clean the fish or have your fishmonger clean it for you. Rinse and pat dry with kitchen paper and season with salt. If using whole fish, cut 2-3 shallow diagonal slices on each side of the fish. Coat the fish in flour and shake off excess. Heat the olive oil in a frying pan, add the fish and cook for about 5 minutes on each side, until they are browned and the flesh flakes. Remove and place on top of kitchen paper in a platter. Reserve the oil from the pan. If there is any burnt flour in the pan wipe with kitchen paper. Pour some olive oil in the pan, add the garlic, and rosemary leaves and red wine vinegar and cook gently. Don't let the garlic get browned. Remove the pan from the heat and pour all of it on top of the fish. Serve hot.

**Serves: 4-5**



## Grilled Fish

The grilled fish that we prepare at Nabeel's Cafe & Market is genuinely Greek! There is little that is done to the fish, except brushing it with extra virgin olive oil and giving it a general sprinkling of oregano. On the table is a bowl of extra virgin olive oil, lemon juice, and oregano with a little salt and pepper that has been mixed & stirred well.

### INGREDIENTS:

3-4 whole fish (snapper, bass, sword fish,  
grouper fillets, cleaned gutted and scaled)  
Lemon wedges

### *Marinade:*

1 cup extra virgin olive oil  
4 tbsp oregano  
3 lemons, cut in half

### PREPARATION:

Make 4 shallow diagonal slashes on each side of the fish (depending on size of filets). Mix the oil with oregano and lemon in a bowl and brush the fish, inside and out, with the marinade. Prepare the grill. Place the fish in a fish grill holder. Grill the fish for about 15 minutes by brushing the marinade every time you turn over (must turn over about 5 times in 15 minutes). If the tail is kind of burned-up do not be alarmed. Remove the fish from the grill and place in a platter and keep warm. Pour about 3/4 of the marinade over the fish on both sides. Serve with Greek peasant salad, Feta cheese and crusty bread.

**Serves 3-4**

## Uncle Cosmo's Grouper

Most of our recipes are recipes that we use at home, either from my family (Krontiras), or my wife's family (Mastropasqua). This one is from my wife's uncle Cosmo Sciancalepore, who lives in Toms River New Jersey. Thank you *zio Cosmo*, everyone loves it!

### INGREDIENTS:

8 grouper fillets (about 6-8 ounces each)  
10 plum tomatoes, cut in cubes  
3 cloves of garlic, chopped  
8 oz capers, drained  
4 bunches of parsley leaves (not stems)  
1½ cup extra virgin olive oil  
3 large onions, chopped  
Salt and pepper to taste

### PREPARATION:

Take all of the ingredients, tomatoes, garlic, capers, parsley, onions and put in a pot and mix well. Pour the extra virgin olive oil on them. Sprinkle salt and pepper to taste. Let all of these ingredients simmer, on medium heat, for about 25-30 min. and right before it comes to a boil remove from the heat and let it cool down. Place fish fillets in a baking pan and pour the vegetable mixture, evenly over the fish. Cover with aluminum foil, and bake at 400° for 35 minutes. Serve hot in plates with plenty of mixture over the fish and serve with crusty Italian bread.

**Serves:8**



## Grilled Grouper

The moist, big flakes and the sweet mild flavor of the Alabama Gulf grouper, makes it a perfect fish for grilling on the summer months. An easy and quick recipe.

### INGREDIENTS:

4 grouper fillets (about 6 oz each)  
2 cloves of garlic, minced  
5 tbsp extra virgin olive oil  
1/2 lemon  
Medley of fresh vegetables (corn, string beans, onions, carrots, cauliflower)  
Greek dressing (extra virgin olive oil, lemon, oregano, salt and pepper)  
Salt and pepper to taste

### PREPARATION:

Rinse grouper fillets under cold water. Marinate the fish with the Greek dressing for about 10 minutes. Place the oil in the skillet. When hot place the fillets in the skillet. Cook about 3-4 minutes, brushing frequently with the Greek marinade. Turn the grouper (carefully) and cook for another 3-4 minutes. Serve with the medley of vegetables on the side.

**Serves 4**







## Sauteed Salmon over Lentils

Ελληνικό, με Φάκε

### INGREDIENTS:

2 (8-oz) center-cut salmon fillets  
Extra virgin olive oil  
Pinch of oregano  
1/2 lemon  
1 8-oz jar pesto  
Salt and pepper to taste

### PREPARATION:

Heat an oven-proof saute pan over high heat for 3 minutes. Rub both sides of the salmon fillets with olive oil and season both sides with salt and pepper. Sprinkle the oregano and squeeze lemon on both fillets. Place the salmon away from you in the pan and cook over medium heat for about 2 minutes. Without turning the fillets over place the pan in the oven (400°) for 6-9 minutes until the salmon is browned. Spoon a mound of the simmered lentil and pesto on each plate and place the salmon fillet on top. Serve hot.

Serves 2

## Lentils

Φάκε

### INGREDIENTS:

1/2 lb lentils  
1/4 cup extra virgin olive oil  
2 cups chopped white onions  
2 stalks of celery chopped  
3 bay leaves (remove before serving)  
7 whole garlic cloves  
2 cups chopped carrots  
5 tbsp red wine vinegar  
1/2 cup homemade chicken broth (or good canned one)  
Salt and pepper to taste

### PREPARATION:

Place the lentils in a pot and cover with water. When the water starts boiling add the celery, garlic, carrots, onions, bay leaves, olive oil and chicken broth. Cover and simmer for about 30 minutes and until the lentils are al dente. Add the vinegar and season to taste.

Serves 3-4 (as a soup)



## Grilled Grouper or Trout with Caper Mayonnaise

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### INGREDIENTS:

½ cup capers, drained and washed  
¼ cup mayonnaise  
4 tbsp fresh lemon juice  
4 boneless rainbow trout, heads  
removed and butterflied or  
4 grouper filets, about 6 oz each  
1/8 cup extra virgin olive oil  
Salt and pepper to taste

### PREPARATION:

In a food processor add the green onions, capers, lemon juice and mayonnaise and pulse until the green onion are finely chopped. On a hot grill, grill fish over high heat turning the trout or the grouper once and until cooked through about 8 minutes. Place the fish on a plate and scoop enough caper mayonnaise on the plate.

Serves: 4















## Grilled Trout with Dandelions

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I love this dish because it reminds me of my father that I loved so much, and he was also my good friend. When my father was alive, and he used to come to Birmingham from Patras, in the spring he would take a knife and a brown bag and go around the yards in the neighborhood on Lakeshore Drive and pick wild dandelions. Many times neighbors would call Ottavia, my wife (she was not working at that time), and tell her that this old man, my father, that lived at our house was in their yard picking greens or something. These dandelions were exactly the same that he used to pick at his village in Zygovisti. You clean them, boil them and when they soften, serve them hot in a plate with the juices from the pot, extra virgin olive oil and lots, and I mean lots of lemon juice. What a treat and taste.

### INGREDIENTS:

- 2 bunches dandelions (you can find them at Whole Foods)
- 2 spring onions, sliced into rings
- ½ cup lemon juice, mixed with extra virgin olive oil
- 2 or 4 whole trout, gutted and scaled
- 4 pinches of oregano
- Salt and pepper to taste

### PREPARATION:

Boil the dandelions. In a bowl toss together the dandelions, the spring onions, the mix of oil and lemon, and season with salt and pepper. Brush the fish cavity with the oil and lemon mix. Brush both sides of the fish with the oil and lemon mix. In a skillet heat ¼ inch of the oil. Add the trout and cook under moderate heat turning on each side. Cook for about 10 minutes. Move trout to the plate and fork a large amount of the dandelions on the plate. Squeeze plenty of lemon on the fish and the dandelions, then pour some of the oil-lemon mix on top of each trout.

**Serves:** 2-4



## Bourgheto

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The Bourgheto recipe originates either from Venice or the island of Zakynthos (Zante) and came to the kitchens of Patras from the Ionian islands.

I remember my mother making Bourgheto with smelts or sometimes with ranza (a type of fish). Very easy and quick to make, and very delicious. In a baking pan she would put all of the ingredients and bake in the oven, or she would have us take it to the baker (the Zografoi fourno).

She used to tell us that this recipe originated in the Ionian Islands that for a long time were occupied by the Italians and the Venetians. You see, in Patras there was a large Italian influence with a Catholic church, that is still there in a flourishing Italian neighborhood.

### INGREDIENTS:

1½ lb smelts or other white fish, cut in portions  
1 cup extra virgin olive oil  
1 lemon, juiced  
8 garlic cloves, thinly sliced  
4-5 pinches of chopped parsley  
3 pinches of oregano  
Salt and pepper to taste

### PREPARATION:

Cut the fish in serving pieces, wash them and sprinkle them with salt and pepper. In a baking pan add the oil, the garlic, and the fish portions and parsley. Add the lemon juice and cook in the oven at 350° for about 25-30 minutes until the fish is soft and flaky. Before you remove from the oven add the oregano pinches all over the fish. Serve hot with white wine and crusty bread for dipping in the sauce.

**Serves: 4**

## Marinated Swordfish Souvlaki

### INGREDIENTS:

2½ lb swordfish steaks, cut in cubes  
6 tbsp extra virgin olive oil  
4 large red onions, finely chopped  
5 garlic cloves, finely minced  
4 tbsp Greek oregano  
1 tbsp sugar  
8 ripe Roma tomatoes, quartered  
3 lemons quartered  
Salt and pepper to taste

### Marinade:

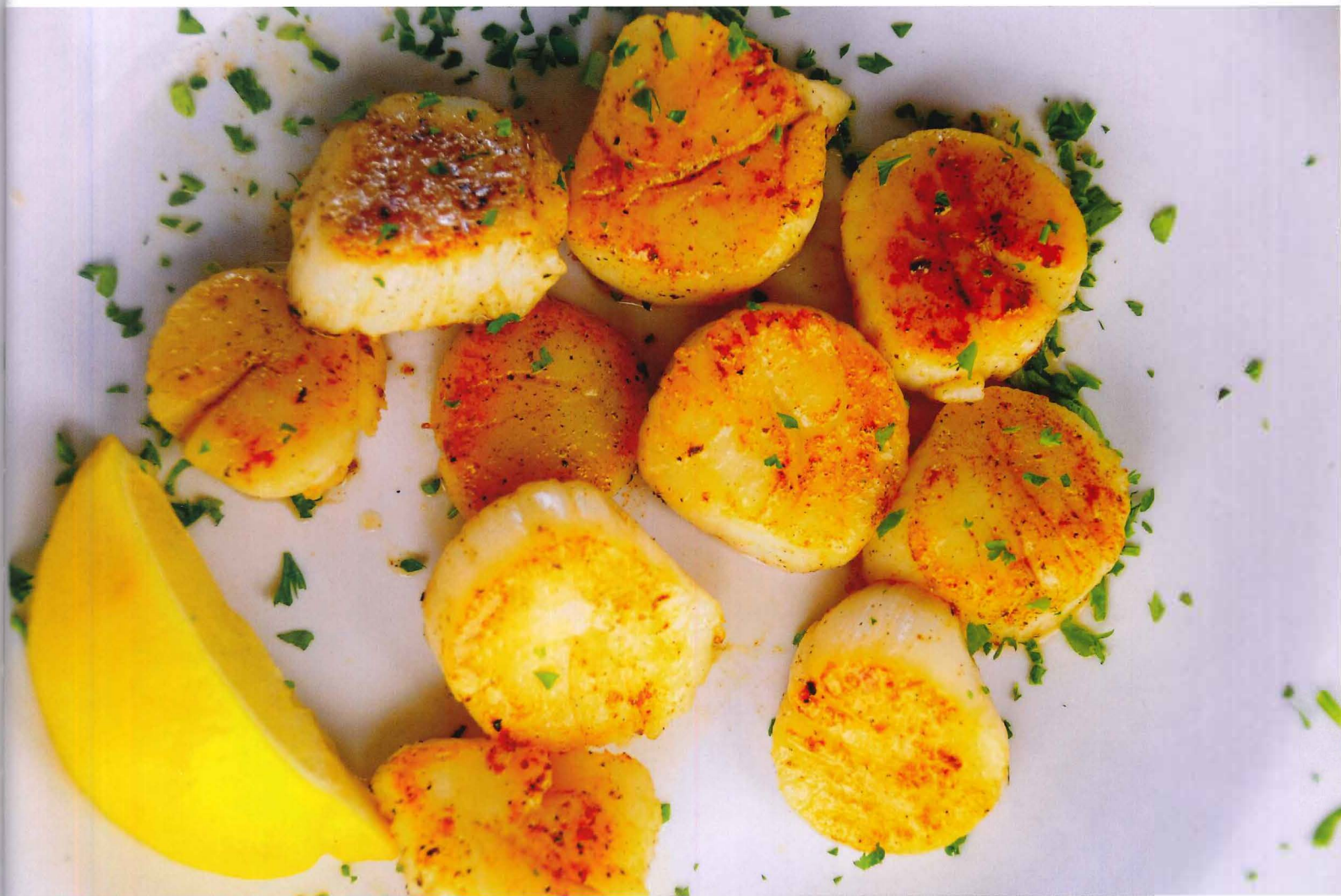
¼ cup Greek dressing (extra virgin olive oil, lemon, oregano, salt and pepper)  
1 cup extra virgin olive oil  
Juice of 1½ lemons  
8 tbsp Greek oregano

### PREPARATION:

Place the Swordfish cubes in the marinade and mix well. Put aside. In a large skillet heat the olive oil and add onions and tomatoes, over medium heat for 2-3 min. or until they begin to brown. Lower heat to low and add the oregano, garlic, salt and pepper and the sugar. Stir frequently and add more oil if needed. Continue to simmer until most of the juices have evaporated. Prepare the grill. Thread the fish into skewers and place over the grill for 3-4 min or until fish is lightly brown. During cooking turn skewers once during grilling. Remove from grill and place in a platter. Place a scoop of the tomato mixture in a plate topped with the grilled skewers and pour the Greek dressing over it. Garnish with parsley and some quartered lemons.

**Serves: 4**





## Mediterranean Scallops

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### INGREDIENTS:

2 lb sea scallops  
 1 tbsp olive oil  
 5 cloves of garlic, minced  
 ½ cup onion, chopped  
 9 large plum tomatoes, chopped  
 ¼ lb Greek Feta  
 3 tbsp fresh basil, minced  
 3 tbsp Greek oregano  
 Juice of 2 ½ lemons  
 4 tbsp Greek dressing (extra virgin olive oil,  
 lemon, oregano, salt and pepper)

### PREPARATION:

Heat the oil in a large skillet over medium heat. Saute the garlic and onions until soft. Add the tomatoes, lemon juice. Saute for approx. 2 minutes. Add the scallops and the remaining ingredients until the scallops are soft and cooked through. Crumble some Greek Feta. Add the Greek dressing and serve hot.

**Serves: 8**





MUSSELS WITH OUZO AND TOMATOES



## Mussels with Ouzo and Tomatoes

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### INGREDIENTS:

30 mussels, with the shell  
¼ cup extra virgin olive oil  
1 white onion, chopped  
½ cup ouzo  
3 tomatoes, chopped  
4 cloves of garlic, sliced  
3 tbsp tomato paste  
3 pinches fresh rosemary  
Salt and pepper to taste

### PREPARATION:

Steam mussels covered in water until they open. Do not use unopened mussels, discard. In a skillet, pour the olive oil and saute the onion, tomato, garlic. Add the ouzo. Simmer for 2-3 minutes. Add the mussels. Add the tomato paste and stir. Add the feta and stir. Add the rosemary. Cook for 2 more minutes. Remove from the heat and serve. Dip crusty bread in the juices, for an unforgettable delicious taste.

**Serves:6**

## Oven Baked Flounder Athenian

### INGREDIENTS:

4-6 flounder steaks  
¼ cup Greek dressing (extra virgin olive oil, lemon, oregano, salt and pepper)  
¼ cup extra virgin olive oil  
Juice of 2 lemons  
3 tbsp Greek oregano  
2 cloves of garlic, coarsely minced  
Salt and pepper to taste

### PREPARATION:

Preheat oven to 425°. Rub Fish with olive oil, and lemon and sprinkle oregano generously all over (both sides). Place fish in a baking dish, add the rest of the lemon juice, olive oil, garlic, and Greek dressing. Bake for approx. 6 min. Remove pan from oven and squeeze a ½ lemon over the fish. Place fish on serving dish. Serve with Skordalia (Greek garlic mashed potatoes).

**Serves 5**



## Sauteed Shrimp with Greek Feta

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In the Greek islands when people want to make something quick, easy and tasty they assemble some very simple ingredients and make a delicious lunch or dinner, like this sauteed shrimp with Feta.

### INGREDIENTS:

10 shrimp 26/30 size, cleaned and deveined  
6 oz Greek Feta  
3 pinches of fresh basil, chopped  
3 pinches of parsley, chopped  
5 garlic cloves, chopped  
1/8 cup white wine, preferably Skouras  
white  
1/8 cup extra virgin olive oil  
Salt and pepper to taste

### PREPARATION:

Clean and devein shrimp. Preheat skillet to medium heat. Pour oil, and add basil, parsley, garlic. Add 1/2 of the Feta. Add shrimp. While shrimp is simmering add the wine. Simmer shrimp about 1 minute on each side, until they turn pink. Place on a serving dish with all of the juices, crumble the additional Feta on top, sprinkle some parsley, and enjoy with a glass of Skouras white and crunchy bread.

**Serves: 1**

## Red Snapper with Dill

To make this recipe, you may steam, saute, pan fry, broil, grill, boil, fry, microwave or bake. Red Snapper is from a family of tender but firm, lean mild fish from the warm waters of the Atlantic. The American red snapper and yellowtail snapper are the most popular varieties. Red snapper is also the name given to the Pacific rockfish. This recipe illustrates the most popular way of serving fish in Greece.

### INGREDIENTS:

2 to 3 pounds whole red snapper, cleaned  
Salt and pepper  
6 to 8 whole green onions, chopped  
2 cloves garlic, crushed  
1/2 cup olive oil  
1/2 cup dry white wine  
1/2 cup water  
3 medium tomatoes, chopped

### *Ingredients (continued):*

1/4 cup chopped fresh parsley  
3 tbsp minced fresh dill  
Bread crumbs  
Lemon slices

### PREPARATION:

Salt and pepper fish, set aside. Saute onions and garlic in hot oil until tender. Add wine, water, tomatoes, parsley and dill. Saute until liquid is absorbed. Place fish in large greased baking pan. Score flesh of fish to the bone at 2-inch intervals. Pour sauteed vegetables over top. Sprinkle with bread crumbs; garnish with lemon slices. Add 3/4 cup water to pan; bake at 350° for 45 to 60 minutes or until fish flakes with a fork. Baste often.

**Serves: 4**



SAUTÉED SHRIMP WITH GREEK FETA







SHRIMP AEGEAN



## Shrimp Aegean

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### INGREDIENTS:

2 ½ pounds shrimp, medium-large size (8 per serving)  
2 cups orzo pasta  
1½ cups spring onions, chopped  
1 onion, coarsely chopped  
¼ cup extra virgin olive oil  
2 garlic cloves  
3 cups fresh tomatoes, peeled and chopped  
1 cup dry white wine  
4 tbsp parsley, chopped  
2 tsp Greek oregano  
¼ pound Greek Feta (cut into cubes)  
Parsley, finely chopped to use as garnish  
Salt and pepper, to taste

### PREPARATION:

Boil shrimp with shells intact 2 to 4 minutes. As shrimp is boiling, add ½ cup of white wine. Remove shrimp from pot without pouring out water. Separately cook orzo pasta in boiling water until al dente. Saute onions in a pan with extra virgin olive oil. Cut tomatoes into small pieces. To the water you've boiled shrimp in, add tomatoes, chopped parsley, oregano, garlic and both types of onions. Allow to boil/simmer for about 20 minutes until sauce becomes thick. Clean shells from shrimp, then add shrimp, half of feta cubes, and cooked orzo pasta to the pot with the vegetables. Mix well. Take individual clay pots and distribute equally by spooning sauce and arrange shrimp in each clay pot. Put about eight shrimp in each pot. Place clay pots in very hot oven (400°) for about 5 minutes. Just before removing pots from oven, put remaining feta cubes into each clay pot and let cook for a minute. Garnish with finely chopped parsley. Serve hot, accompanied by Greek salad and crusty bread.

**Serves: 6**

## Sole Fillets in Lemon Sauce

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### INGREDIENTS:

4 sole fillets  
½ cup extra virgin olive oil  
2 medium lemons, juiced, freshly squeezed (for the lemon sauce)  
3 tbsp salted margarine  
1 tbsp all purpose flour  
Lemon slices for garnish  
Parsley, finely chopped for garnish  
Flour for dusting  
A pinch of salt and pepper

### PREPARATION:

Rinse the sole fillets; pat them dry and season with salt and pepper. Flour the fillets and shake to remove excess flour. In a large frying pan, heat the olive oil and when hot, fry the fillets, turning them, until evenly golden brown. With a slotted spoon, remove the fillets and drain on paper towel. Lower the heat to prepare the lemon sauce: In a bowl dilute the flour in the lemon juice. Add mixture to the pan along with the margarine and simmer, until the sauce lightly thickens. Remove from the heat and pour lemon sauce over the sole fillets. Garnish with lemon slices and parsley and serve.

**Serves:4**





## Sole Meuniere

I am not sure when it was, it must have been around 1985, when I first had a taste of Sole Meuniere, when Wim Luijendijk took me to this 5 star restaurant in Amsterdam, *De Kersentuin* (Cherry Garden). It served what they called Pommes Frites, a type of french fries, cut in round balls and fried. The sauce lemony and buttery, the pommes frites and the Sancerre wine were something that makes me salivate every time I think of it. Visited this restaurant many, many times, as I was visiting our office in Aalsmeer and always I had the same dish, as strange as it is.

But every time I would see it on the menu in an American restaurant, from New York to California, I always ordered it hoping I would find the same taste, but I was totally disappointed, as it was not the same at all.

When we had dinner, at the *De Kersentuin* one night, for our guests I did a trick that I had learned from a friend. I took an empty wine bottle and pushed its cork into the bottle, then asked the guests if they could take the cork out of the bottle without breaking the bottle. I am not going to explain how it is done, but when I took the cork out of the bottle, next to us was another party of six people also having dinner. One gentleman asked me to show them how the trick is done, so I did. Then I asked him where he was from, and he replied from Dallas, Texas, also indicating that he was an artist who was displaying his artwork at a local gallery in Amsterdam. I therefore asked him, "Well, I showed you the bottle trick, now you have to paint something for me." He took the menu, turned it over and drew an abstract of surrealistic images. He signed it and I



took it with me back to Birmingham. A few months later when I was visiting our office in Dallas, Texas, I saw in a magazine his photo and an explanation of who he was and the type of famous works that he was doing. His name is Arie Van Selm, and here is a photo of what he drew for me. Maybe I will send him a copy of this cookbook, so that he remembers this occurrence at the *De Kersentuin*.

#### INGREDIENTS:

4 sole fillets (6-8oz each)  
 (Dover sole preferred)  
 8 tbsp salted butter  
 1 cup flour  
 1 lemon, juiced  
 2 sprigs of fresh parsley  
 Salt and pepper to taste

#### PREPARATION:

Remove the black skin from the soles. Season fillets with salt and pepper. Spread the flour in a plate. Dredge fillets in flour, shaking off excess flour. Melt 4 tablespoons of the butter in a skillet. If the skillet is large enough add 2 fillets. Cook over high heat for 4 minutes, turn fillets on the other side and cook for another 4 minutes. While cooking add the lemon juice and sprinkle the parsley. Serve with potatoes and definitely with Sancerre wine.

**Serves: 4**

## Stuffed Squid

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My mother used to do this recipe for us when we were little and growing up. But my mother-in-law Maddalena, makes the Italian version of what my mother used to make. When she makes it, she brings fresh squid from either New Jersey or Hollywood, Florida. But for this recipe you can use frozen squid that are available at fish stores.

#### INGREDIENTS:

12 squid, 4-5 inches in length  
 1 cup white onion, chopped  
 3 potatoes, peeled and sliced  $\frac{1}{4}$  inch thick  
 4 tbsp parsley, chopped  
 $\frac{1}{2}$  cup extra virgin olive oil  
 1 cup rice, boiled and strained  
 2 tbsp fresh mint, chopped  
 3 tbsp tomato paste  
 1 cup white wine  
 Salt and pepper

#### PREPARATION:

Wash squid thoroughly, remove heads, bones and ink sacks. Wash well and sprinkle with a little salt. Lightly coat a pan with extra virgin olive oil and simmer onions, parsley and mint. Add rice, tomato paste and salt and pepper to taste. Cook together for a few minutes so that all the flavors blend well. Stuff each squid with a teaspoonful of the mixture and arrange side by side in a baking dish. Add the sliced potatoes between the stuffed squid. When all have been stuffed, pour on top the oil, 1 cup of white wine and  $\frac{1}{2}$  cup water. Bake at 350° for about an hour until potatoes are tender.

**Serves:4**







## Tilapia Patrina

TtAama Ila-rptva

This is a very easy recipe and also very inexpensive. In 2006, I spent 5 days with my friends Wim and Krista in Anna Paulowna, Holland. During my visit, one day I told them that I would cook, and I did this Tilapia recipe. They loved it!

Wim and I had been to Greece and Patras several times while both of us were working for Ebsco. So, after we finished eating Wim said, "John, we need to give this recipe a name. We will call it *Tilapia Patrina* (means "from Patras") so that everyone knows it is from *you*.' And that's how the recipe name came about.

### INGREDIENTS:

- 4 fresh tilapia fillets
- ½ red onion, diced
- 2 tomatoes, chopped
- 3 tsps paprika
- 4 garlic cloves, minced
- 2 pinches oregano

### Ingredients continued:

- ¼ cup capers capotes
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

### PREPARATION:

Place onions, tomatoes, garlic and oregano in a bowl. Mix well. Oil a baking pan and place fish fillets in the pan without touching each other. Sprinkle paprika on top of tilapia. Add all of the ingredients from the bowl, over the tilapia. Pour olive oil and salt and pepper and bake for 15-20 minutes until the fish is soft. Serve with a Greek Peasant Salad, a glass of white wine, preferably SKOURAS white, crusty Italian/French bread (to soak up the juices) and you will have a great delicious and inexpensive lunch or dinner. And maybe, who knows, if you close your eyes you will think that you are in Patras, my hometown. ENJOY!

**Serves 4**



Patras - where the yachts are mooring with Paliovousa in the background, from my brother Andreas' condo.



## Cuttlefish with Rice

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When I used to travel because of my corporate job I would often go to New York as we had an office in New Jersey. I had discovered this jewel restaurant, Cipriani's, across the street from the Plaza hotel and Central Park. It was owned by the same people that owned Cipriani's in Venice. One day I saw on the menu this recipe that I had a long time ago (and I mean a long time), and missed from the time I had left Patras. This is something that is not that common to find in a restaurant in the United States, but it's a delicious dish. We used to make it in Patras, and you see it also when you visit very good restaurants in Italy. After I ordered this dish for the first time, every time I would go there the Maitre D' (I can't remember his name now) would say, in Italian, *Signore Krontiras, abbiamo il riso con sepia* (we have the cuttlefish with rice)

Two years ago when we went to Bari, Italy, because my daughter, Helen, was making a presentation there at a medical convention, we ate at a wonderful Italian restaurant and lo and behold cuttlefish with rice and ink was on the menu. I couldn't wait to eat it.

### INGREDIENTS:

2 lbs cuttlefish (preserve the ink sac)  
1 cup extra virgin olive oil  
2 large onions finely chopped  
5 tomatoes skinned and strained  
Juice of two lemons  
2 cups rice  
Salt and pepper

### PREPARATION:

Put the ink sac in a bowl with little water. Cut the tentacles into pieces and the body into large rings. Heat the olive oil in a pan; soften the onions and Quickly fry the cuttlefish pieces. Add the strained tomatoes and season with salt and pepper. Cover with water and simmer gently for about 1 hour Add the ink and some boiling water, stir in the rice and continue to cook over low heat until it softens and has absorbed most of the liquid. Serve while it is hot.

**Serves: 3-4**

## Yannicos Crab Cakes

John (Yannicos) my cousin from my mother's side grew up with me in Patras. He was attending The American College in Athens, where my aunt Ekaterini was working. During holidays and all of the summer we would always spend time together, going to our summer home. He came to the United States to go to college in Ohio, and I went to the Royal Hellenic Airforce. After college he opened several restaurants in the Washington D.C. area. This recipe is a tribute to him, and is one of his personal recipes.

### INGREDIENTS:

1 lb fresh jumbo lump crab meat (it's expensive around \$20/lb but well worth it)  
10tbsp Progresso Italian Style bread crumbs  
or pie-a-pepper seasoning

### Ingredients (continued):

4 egg yolks  
4 oz heavy whipping cream

### PREPARATION:

Mix the crab meat with the bread crumbs or the pie-a-pepper spice (not both). Add the egg yolks, and discard the egg whites. Add the whipping cream. If the mix is too soft add some crumbled white stale bread. Form the crab cakes (makes about 8), and place in the refrigerator to firm. Fry in a pan on low heat with butter until light brown. Serve with fries or cole slaw.

**Serves: 4**





## VEGETABLES



## Baked Ziti with Feta and Vegetables

### INGREDIENTS:

1 28-oz can crushed tomatoes  
4 tbsp extra virgin olive oil  
1 onion  
½ lb Greek Feta  
3 medium sized carrots  
1 green bell pepper  
1 16-oz package ziti macaroni  
Pinch of Parmesan  
Pinch of dry basil  
Pinch of sugar

### PREPARATION:

Prepare ziti as described on the package label. Cut green peppers, carrots, and onion into small pieces. In a non-stick skillet pour the olive oil and cook on medium heat all the vegetables until lightly browned. Stir in approx. ½ cup of hot water and continue cooking until vegetables are crisp yet soft. Preheat oven to 350°. Drain ziti; set aside. In the same pot add the cooked vegetables, stir in the crushed tomatoes, a little sugar, salt and dry basil. Remove pot from the heat and place the ziti in the pot. In the pot stir some Parmesan cheese, and place mixture into a casserole, break the Feta cheese and crumble over the mixture, mix. Cover and bake for about 30 minutes, or until feta has melted.

**Serves:8**

## Eggplant Parmesan

The trick to the eggplant parmesan is to drain the eggplant before you saute it. And use extra virgin olive oil for the tomato sauce. About once a week my mother-in-law, Maddalena, makes it at home for distribution to my daughter Helen's family and my son Anthony's family. The version here is a little bit different, but it is still delicious.

### INGREDIENTS:

1 medium sized eggplant, peeled and sliced about ½ inch thick  
3 tomatoes, peeled  
½ cup extra virgin olive oil  
6 cloves of garlic  
12 slices Provolone cheese  
Oregano  
1 cup Regiano Parmegiano or high quality Parmesan cheese  
1 cup flower  
3 eggs whipped

### PREPARATION:

While the eggplant is draining prepare the tomato sauce. Combine tomatoes, garlic, ⅓ cup of the oil, oregano, a handful of the Parmesan cheese, salt and pepper to taste, in a food processor and set aside. In a shallow bowl, beat the eggs and set aside. Place a large skillet over medium heat and pour in about ½ inch of the oil. When the oil is simmering, dredge the eggplant slices one at a time in the flour, and then in the beaten eggs. Working in batches, slide the coated eggplant into the oil and fry until golden brown on both sides turning once. In an oval plate, spread ⅓ cup of the tomato sauce, top with 2 slices of the eggplant and 2 slices of the Provolone cheese. Sprinkle a little of the oregano and some Parmesan cheese. Make a second layer of eggplant slices and top with ⅓ cup tomato sauce, the Provolone, some oregano and Parmesan cheese. Finally, make a third layer. Place the eggplant, the provolone and the rest of the tomato sauce, sprinkle some oregano and Parmesan cheese. Bake at 350° for about 10-15 minutes. Before serving pour the rest of the Parmesan cheese over the top and sprinkle some chopped parsley. Serve with crusty bread.

**Serves: 2**





EGGPLANT PARMESAN







## Greek Fried Potatoes

Πα-ρα-ρερ; Τι-υα-νερ;

No plate or place in Greece whether in a home or a restaurant can be considered complete without a few fried potatoes and Feta. Even though in some homes they use non- extra virgin olive oil, I prefer to use the extra virgin as it gives the fried potatoes a much better taste.

### INGREDIENTS:

1 lb. potatoes  
Extra virgin olive oil (for frying)  
3-4 pinches of oregano  
Salt

### PREPARATION:

Peel the potatoes (I prefer not to peel them) and cut into pieces resembling french fries. Place them in a bowl of cold water to prevent them from getting dark. Pour the olive oil in a large skillet. Oil must cover the potatoes. Let the oil get very hot. Drain the potatoes and dry with paper towels. Sprinkle them with a generous amount of salt and toss them well until all sides are coated. Carefully place batches of potatoes in the hot oil. Cook the potatoes and occasionally turn them with tongs until they are golden brown and crisp, 10-15 minutes. Remove from the skillet and place onto paper towels to drain. Sprinkle with a mixture of salt and dried oregano. Serve hot.

**Serves: 4**

## Grilled Polenta with Fontina

This easy side dish (takes about 8 minutes to prepare) begins with slices of precooked polenta from the supermarket. We add melted cheese and diced tomatoes for a tasty topping.

### INGREDIENTS:

2 ripe medium tomatoes, diced  
3 tbsp fresh parsley, chopped  
¼ tsp salt  
¼ tsp coarsely ground black pepper  
1 package (24-oz) precooked polenta,  
cut into 12 slices  
3 tbsp extra virgin olive oil  
4 oz Fontina cheese, shredded  
(about ¼ cup)

### PREPARATION:

In a small bowl combine tomatoes, parsley, salt and pepper; set aside. Brush both sides of polenta slices with olive oil. Place polenta on grill over medium heat and cook for 5 minutes or until underside is golden. Turn slices over and top with Fontina cheese. Cook polenta for about 5 minutes longer or until cheese melts. Transfer polenta slices to platter and top with tomato mixture, the remaining olive oil and serve.

**Serves: 6**



## Spanakopita

navaKonrra

### INGREDIENTS:

2 lb spinach  
1/3 cup extra virgin olive oil  
1 cup chopped spring onions  
8 oz Greek Feta, crumbled  
1/4 cup evaporated milk  
1 tsp fresh dill, chopped  
4 eggs, lightly beaten  
12 sheets fresh phyllo dough  
Salt and pepper to taste

### PREPARATION:

Wash spinach well, cut off roots. Shred coarsely and place in a colander over boiling water. Cover and steam to wilt spinach. Drain off all moisture. Mix cheese, milk, herbs, eggs, and season to taste. Lightly oil an oven dish. Line dish with 3 sheets of phyllo, brushing each sheet with melted butter. Add spinach filling and spread evenly. Moisten edges of top layer of phyllo. Place 3 sheets of phyllo over the mix and brush each sheet with melted butter. Add more spinach filling evenly. Place 4 sheets of phyllo over the mix and brush each with the melted butter. Trim phyllo, leaving enough to tuck into sides of pie. Bake in a moderately hot oven for 45 minutes. Remove from oven and let it stand for 5 minutes before cutting.

**Serves: 6**







## Stuffed (Yemista) Tomatoes Greek Style

Νημιστα Γκρικ Στάιλ

Yemista (stuffed), is the Greek recipe for stuffed tomatoes, and it's one of the most popular vegetarian dishes of the summer. If you visit any restaurant in Greece and you want to taste a traditional Greek dish, Yemista should always be your first choice.

The Yemista is one of the easier and healthier Greek recipes to make at home. It may seem complicated, but it's fun to make and it gives you the taste and aroma of all the fresh ingredients.

### INGREDIENTS:

- 6 large ripe tomatoes
- ½ cup Greek Feta, crumbled
- ½ white onion, finely chopped
- 10 garlic cloves, finely chopped
- ½ bunch fresh basil, finely chopped
- ½ bunch fresh parsley, finely chopped
- A handful of fresh mint finely, chopped
- 1 cup extra virgin olive oil
- ¼ cup rice
- ½ cup water
- ½ potato, sliced in small pieces

### PREPARATION:

Slice off the top of the tomatoes. Being careful not to score their skin, use a spoon to remove the inside part of the tomatoes and chop what you scoop out. Place in a bowl. Mix the chopped tomatoes, parsley, onions, basil, garlic and mint in the bowl. Add the crumbled Feta and mix well. Add ½ cup of the olive oil and mix until all of the ingredients are combined. Make sure that the mixture is VERY juicy! If not add more oil and water. Add the rice and mix well. Take each tomato and stuff with the mixture. Be sure that you do not fill them up to the top. Cover the tomatoes with their tops. Place the Yemista in a baking dish. Add the remaining mix all over the baking dish and add the potato's. Add the remaining oil and water and bake at 350° for about 45-50 minutes.

**Serves:6**



## Zucchini with Potato Casserole

Ko1voKu0aKia µ£ Ilai-ai-cc;

When my mother-in-law, Maddalena, comes to Birmingham, she cooks all these traditional dishes from the Puglia region of Italy. She lived in Molfetta before she immigrated to the United States. This dish is very simple, with all fresh ingredients and with an exceptional taste. When she makes it, even if I have already eaten, I will finish whatever is left over in the casserole when I get home from work. Dipping crusty bread in the juices and adding some side authentic Greek Feta can be a meal of its own.

### INGREDIENTS:

- ½ cup extra virgin olive oil
- 1 lb potatoes, peeled and sliced about ¼ inch thick
- 1 onion, thinly sliced
- 4 cloves of garlic, sliced
- 4 pinches of oregano

### Ingredients (continued):

- 4 tomatoes, sliced ¼ inch thick
- 6 zucchini, sliced ¼ inch thick
- Grated Reggiano Parmigiana
- Salt and pepper to taste

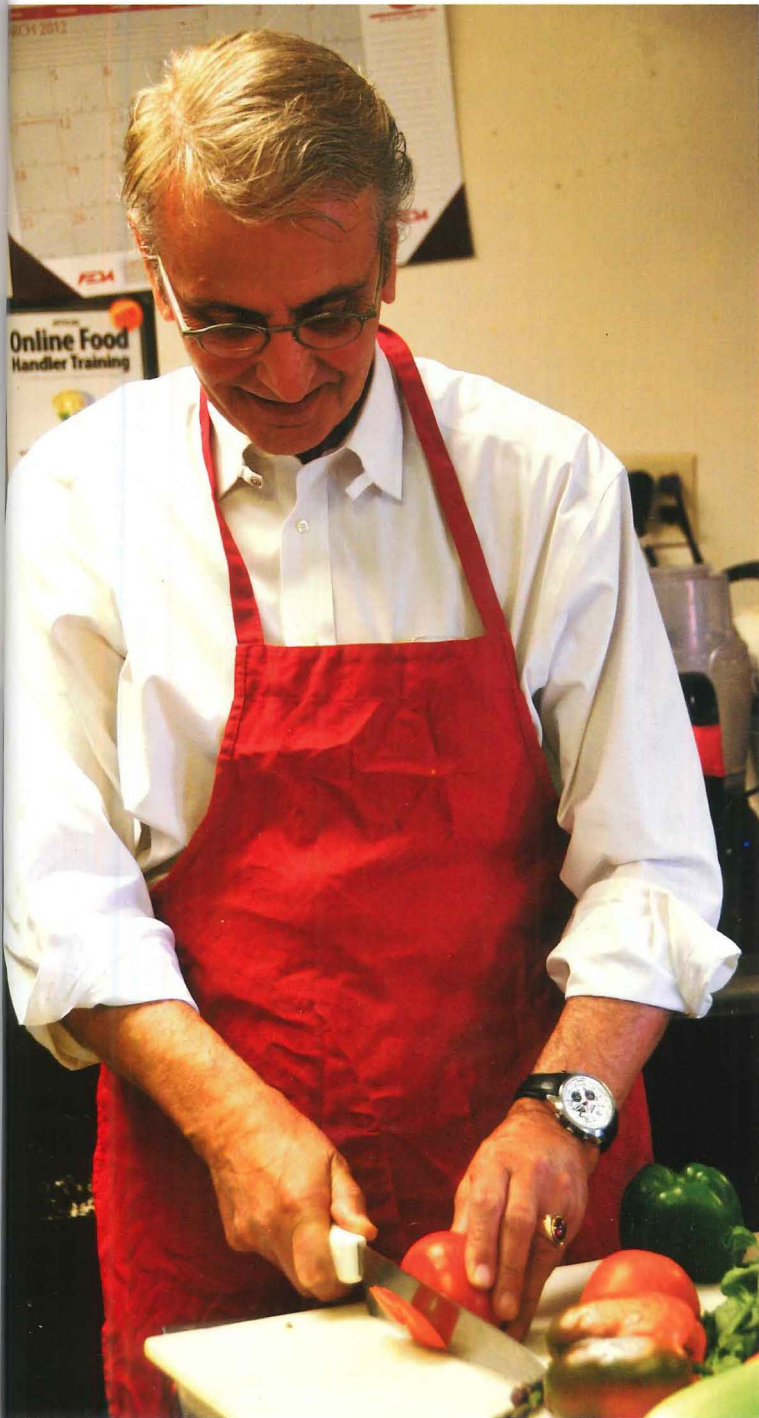
### PREPARATION:

Preheat the oven to 350°. Brush oil on the bottom of a baking dish. Spread the potatoes in an even layer even if they overlay each other. Add the sliced tomatoes, onions and add the sliced zucchini. Sprinkle the oregano all over the ingredients. Salt and pepper to taste. Pour the olive oil all over in the dish. Bake for 45 minutes until the potatoes and zucchini are tender. Sprinkle some Reggiano Parmigiano all over. Serve with crusty bread and some Feta:

**Serves: 4**

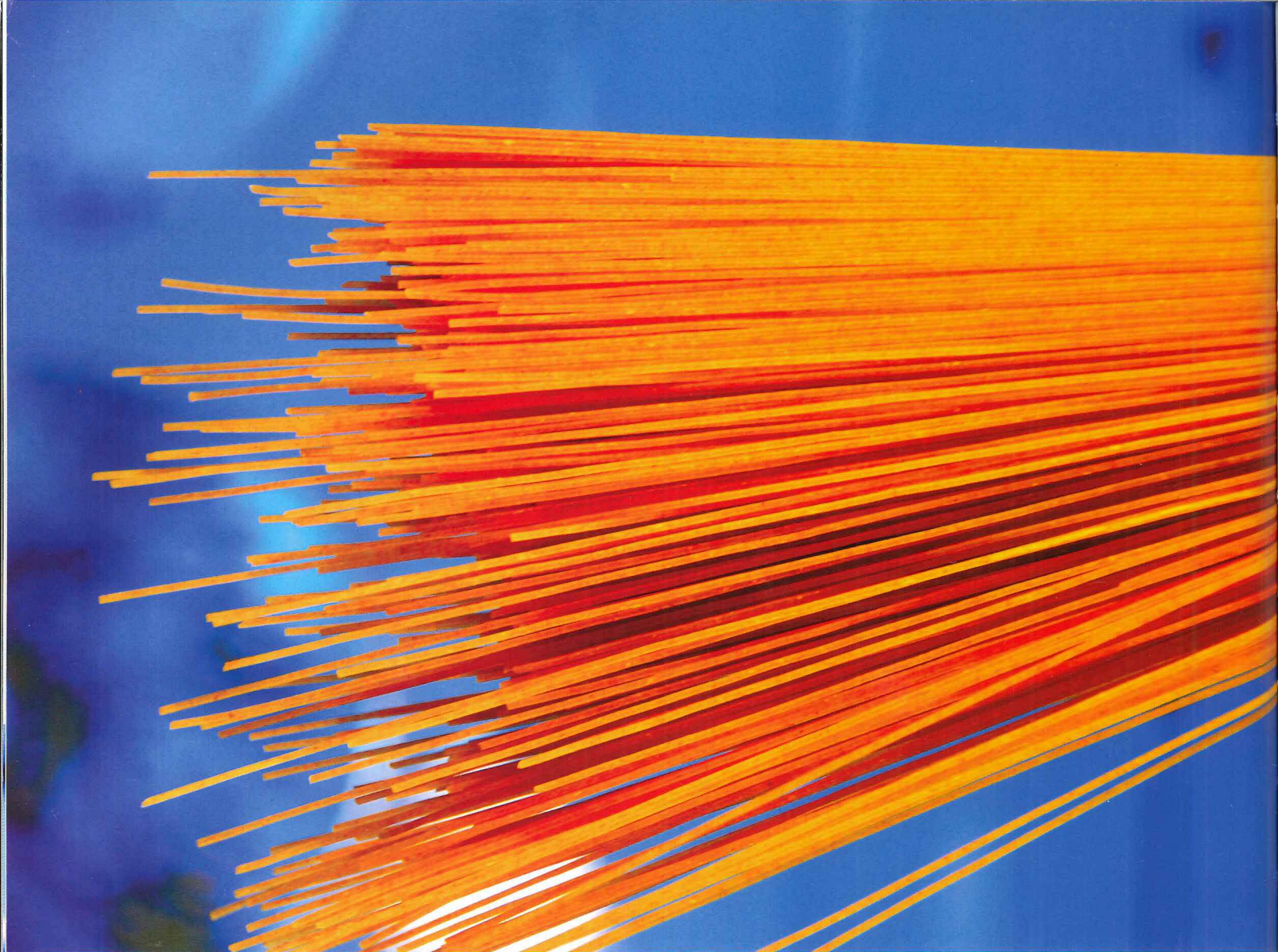






PASTA





## Basil Garden Pasta

Basil is the key ingredient in pesto sauce. Add to ordinary salad, or French bread slices with tomatoes and mozzarella, and these appetizers become extraordinary.

### INGREDIENTS:

2 lb plum tomatoes  
3 cloves of garlic, minced  
 $\frac{1}{2}$  tsp kosher salt  
 $\frac{1}{2}$  lb penne or ziti  
1 cup basil leaves, chopped coarsely  
3 tbsp red wine vinegar

### *Ingredients (continued):*

5 tbsp extra virgin olive oil  
 $\frac{1}{2}$  cup Fontina cheese, diced  
2 tbsp pinenuts, optional

### PREPARATION:

Dice plum tomatoes. Place in a large bowl. Mix in garlic. Toss with kosher salt and let stand for 1 hour for juices to form. Cook pasta and drain. Toss hot pasta in the sauce. Add salt and pepper to taste, garnish with pine nuts.

**Serves: 14**



## Cappellini Pasta with Fresh Arugula and Walnuts

### INGREDIENTS:

1lb cappellini pasta, prepared al dente  
4 tbsp extra-virgin olive oil  
1½ bunches of fresh arugula  
Juice of ½ lemon  
½ cup Parmesan cheese, grated  
4 tbsp walnuts, coarsely chopped  
Salt and pepper to taste

### PREPARATION:

In a sauce pot, prepare pasta in boiling salted water. Cut arugula in different sizes. In a large serving bowl, toss together arugula, walnuts, extra-virgin olive oil, and lemon. Add pasta, salt and pepper and mix all together until everything combines. Sprinkle with parmesan cheese and serve.

**Serves: 6**

## Capellini with Garlic and Lemon

### INGREDIENTS:

1 lb capellini pasta  
6 large cloves of garlic, minced  
¼ tsp dried hot red pepper flakes  
½ cup extra virgin olive oil  
Finely grated zest from 2 lemons  
3½ tbsp lemon juice  
¼ cup chopped flat leaf parsley  
Salt and black pepper to taste

### PREPARATION:

Cook pasta in boiling salted water until al dente. Reserve 1 cup cooking water and drain pasta in a colander. While pasta is boiling, cook garlic and red pepper flakes in oil in a 12-inch heavy skillet over moderate heat, stirring until garlic is golden,

about 5 minutes. Stir in zest, then lemon juice, salt, pepper, and ½ cup of the reserved water and bring to simmer. Toss pasta in sauce with parsley. If pasta seems dry, add more of the reserved cooking water.

**Serves: 4**

## Pasta with Kalamata Olive Pesto

### INGREDIENTS:

1 lb of spaghetti or penne pasta  
(I use penne)  
¼ cup Kalamata olives (do not use the pitted ones; take the pit out yourself-- it makes a big difference in taste)  
8 cloves of garlic  
1½ cups fresh basil leaves, loosely pack  
2 oz Kefalotyri or Reggiano Parmigiana, finely grated  
½ cup extra virgin olive oil  
Salt and pepper

### PREPARATION:

Cook pasta in a 6-8 quart pot of boiling salted water, until al dente. Place Kalamata olives (after you take the pits out), basil and garlic in a food processor until finely chopped. Add cheese, salt, pepper and oil and blend to a thick paste. Transfer the Kalamata Pesto into a large bowl. Stir ½ cup of the cooking water (from the pasta) into pesto, and then add pasta and toss until well coated. Serve immediately. Sprinkle with freshly grated Parmesan.

*Note:* Instead of using the food processor, I use a mortar and pestle. Does this make it taste better? I think so. But since many of you may not have a mortar and a pestle, that's why I have the food processor on the recipe above.

**Serves: 6**



PASTITSIO





## Pastitsio (Macaroni Pie)

IIa0iTr0to

### INGREDIENTS:

1 lb Greek macaroni no. 2  
4 tbsp butter  
¼ cup Kefalotyri  
4 pinches of nutmeg  
3 eggs, lightly beaten  
Salt and pepper

### MEAT SAUCE:

1 large onion chopped  
¼ stick butter  
1 ½ lb ground beef  
5 tbsp tomato paste  
Salt and pepper

### BECHAMEL SAUCE

6 tbsp butter  
6 tbsp all-purpose flour  
1 quart milk  
1 teaspoon salt  
1 tbsp nutmeg  
2 eggs  
1 tbsp cinnamon

### PREPARATION:

Cook macaroni pasta in boiling, salted water until it is tender. Drain and return to pot. Melt butter in a small pan until golden brown and pour over penne. Add ½ cup of the cheese, the nutmeg, salt and pepper to taste and toss well. Leave until cool, add eggs and toss again. Keep aside.

In a sauce pan gently fry onion and garlic in butter until onion is soft. Increase heat and add ground beef. Stir well and cook until meat begins to brown. Add remaining sauce ingredients, cover and simmer over gentle heat for 20 minutes.

### *To assemble Pastitsio:*

Butter a 13 x 9 x 3 oven pan. Spoon half of the prepared pasta evenly in the base and top with the meat sauce. Cover with remaining pasta. Pour on the Bechamel sauce and spread to completely cover pasta. Sprinkle the remaining Kefalotyri cheese on top and cook in moderate heat for about 45 minutes until golden brown. Let it stand for 10 minutes before cutting into serving pieces.

### *To make the Bechamel sauce:*

In a heavy sauce pan, melt the butter over medium heat. Stir in the flour. Cook, stirring, until the mixture starts bubbling. Take off the heat and with a whisk stir the milk into the flour mixture. Return to medium heat and cook, stirring. Reduce the heat and continue cooking for about 5 minutes, constantly stirring. At this time the sauce should be very thick. Remove from the heat and add the nutmeg, cinnamon and salt until everything blends well. Beat the eggs in a small bowl. Add a spoonful of the hot sauce into the eggs to temper them. Add the egg mix into the sauce. Pour the sauce over the ground beef. Sprinkle with ground nutmeg and ground cinnamon and the Kefalotyri cheese.

**Serves: 6-8**



## Grilled Chicken Penne Pasta and Feta

### INGREDIENTS:

1 lb Penne pasta  
¼ cup sun dried tomatoes, diced  
6-8 basil leaves, chopped  
4-6 oz Greek Feta  
1 lb. marinated chicken breast, cubed  
¼ cup grated Parmesan cheese  
¼ cup extra virgin olive oil  
Salt and pepper for taste

### *Chicken marinade:*

½ cup Worcestershire sauce  
Juice of one lemon  
¼ cup extra virgin olive oil  
3-4 pinches of Greek oregano  
Salt and pepper to taste

### PREPARATION:

Bring 4 quarts of water to a boil, add a couple pinches of salt and 4-6 tablespoons of extra virgin olive oil. Add the pasta, stir, and cook until al dente. Strain pasta, and run cold water over it. Set aside. Take a large skillet over medium heat and coat with extra virgin olive oil. Add the sundried tomatoes, fresh basil, Feta cheese, and the cooked marinated chicken. Bring to a simmer. Add pasta and toss all of the ingredients and pasta together for about 2-4 minutes. Place pasta in a bowl and drizzle with Parmesan cheese and fresh leaves of basil and serve.

### *How to marinate chicken:*

Cook chicken in a skillet over medium heat until done. Set cooked chicken aside to cool off. Place cubed chicken and all of the above ingredients in a bowl and mix well. Refrigerate for 4-6 hours.

**Serves: 4-5**

## Penne Pasta with Vegetables

### INGREDIENTS:

1 lb penne pasta  
2 tbsp extra virgin olive oil  
½ lb asparagus, trimmed and cut into  
1 inch pieces  
1 cup fresh broccoli florets  
1 cup red bell pepper, chopped  
1 cup zucchini, chopped  
¼ cup butter  
2 tbsp garlic, minced  
5 ounces prosciutto, diced  
2 cups sun-dried tomatoes, packed in oil  
8 oz grated Parmesan cheese

### PREPARATION:

Preheat oven to 375°. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with olive oil. In a large skillet over medium-high heat, roast asparagus, broccoli, bell pepper and zucchini until flecked dark brown. Set aside. In a large skillet over medium heat, melt butter. Saute garlic with prosciutto and sun-dried tomatoes until heated through. Toss with penne, roasted vegetables and Parmesan. Place in a 9x13-inch baking dish. Bake in preheated oven 30 to 40 minutes, until hot.

**Serves: 4**





GRILLED CHICKEN PENNE PASTA AND FETA









## Grilled Shrimp Penne Pasta

### INGREDIENTS:

10 medium size shrimp  
4-5 fresh basil leaves, chopped  
2 oz sun dried tomatoes, chopped  
1½ cups penne pasta  
¼ cup Greek Feta, crumbled  
(could also use French Feta)  
Extra virgin olive oil  
Grated Reggiano Parmigiana or Greek Myzithra  
Salt and pepper to taste

### PREPARATION:

In boiling water add pasta; add salt and a little extra virgin olive oil. Cook until al-dente. Drain, set aside. In a medium saute pan add olive oil on medium heat. Add chopped sun dried tomatoes, chopped basil, Feta cheese and shrimp. Saute until Feta melts and or shrimp turn pink. Add penne pasta to saute pan and stir and toss a couple of times. Place in a plate and sprinkle the Reggiano or the Myzithra cheese over it. Sprinkle chopped parsley and serve with a glass of red wine.

Serves 1







## Spaghetti and Meatballs

### INGREDIENTS:

1 lb spaghetti

### PREPARATION:

Bring a large pot of lightly salted water to a boil. Mix in pasta and cook for 8 to 10 minutes or until al dente; drain.

### INGREDIENTS:

#### *Meatballs:*

1 lb lean ground beef  
1 cup fresh bread crumbs  
1 tbsp dried parsley  
1 tbsp grated Parmesan cheese  
¼ tsp ground black pepper  
1/5 tsp garlic powder  
1 egg, beaten

#### *Sauce:*

1 onion, chopped  
5 cloves of garlic, minced  
¼ cup extra virgin olive oil  
2 28-oz cans whole peeled tomatoes  
3 tsp salt  
3 tbsp white sugar  
1 bay leaf (remove before serving)  
1 6-oz can tomato paste  
¼ tsp dried basil  
½ tsp ground black pepper

### PREPARATION:

In a large bowl, combine ground beef, bread crumbs, parsley, Parmesan, 1/4 teaspoon black pepper, garlic powder and beaten egg. Mix well and form into 12 balls. In a large saucepan over medium heat, saute onion and garlic in extra virgin olive oil until onion is translucent. Stir in tomatoes, salt, sugar and bay leaf. Cover, reduce heat to low, and simmer for about 1 1/2 hours. Stir in tomato paste, basil, 1/2 teaspoon pepper and drop very slowly each meatball one at a time (do not stir or shake the pot) and simmer 30 minutes more. Serve over the spaghetti and sprinkle grated Regiano Parmegiano or any type of Parmesan grated cheese.

**Serves: 4**





ABOVE: My mother-in-law, Maddalena, preparing meatballs; BELOW: Ingredients for meatballs





## Spaghetti with Smoked Salmon

### INGREDIENTS:

1½ lb spaghetti  
4 tbsp extra virgin olive oil  
8 oz Greek Feta, crumbled in chunks  
¼ pint double cream  
¼ pint brandy  
12 oz smoked salmon  
1 pinch of cayenne pepper  
3 tbsp parsley, chopped  
Fresh parsley (to garnish sauce)  
Salt and pepper

### PREPARATION:

Cook the spaghetti in a large pan of lightly salted water and add 2 tablespoons of the olive oil. When the pasta is tender, but firm to the bite (al dente) drain in a colander. Return to the pan and sprinkle it with the remaining olive oil. Shake the pan well and cover. In separate small pans, heat the brandy and the cream to a simmering point; do not let them come to a boil. Combine the cream with the brandy. Cut the smoked salmon into strips and add to the cream mixture. Season with cayenne pepper to taste and stir in the chopped parsley. Transfer the spaghetti to a warm serving dish or bowl, pour the sauce on top and toss thoroughly using 2 large forks. Scatter the Feta cheese over the pasta and garnish with parsley. Serve immediately.

**Serves: 4-6**

## Spaghetti with Tuna and Parsley

### INGREDIENTS:

1¼ lb spaghetti pasta, prepared al dente  
2 tbsp extra virgin olive oil  
1 oz butter  
Greek black olives to garnish  
Parmesan cheese

### *Sauce:*

1 7-oz canned tuna, drained  
3 oz anchovies, drained  
10 oz extra virgin olive oil  
1 bunch flat leaf parsley, roughly chopped  
Salt and pepper to taste

### PREPARATION:

Cook the spaghetti in a large pot of boiling water. Add olive oil. When tender and firm to the bite (al dente) drain in a colander. Add the butter and toss thoroughly, keep warm. Remove any bones from the tuna and flake the flesh. Put it into a blender with the anchovies, olive oil and parsley and process until the sauce is smooth. Pour the sauce on the pasta and toss quickly using 2 forks. Transfer to warm plates, sprinkle parmesan cheese and garnish with the olives and serve warm, with Italian crusty bread.

**Serves: 4**



## Au Tritt

❧ Χυλοπιτες ❧

This is a specialty dish particularly done in Molfetta in southern Italy. Au Tritt, as they call it in Molfetese dialect, is a similar version and rather identical to the Greek Hylopites. Another way to describe them in Italian is Quadrettini. They are made from scratch as you see my mother-in-law Maddalena preparing the pasta before it is cut and dried.

### INGREDIENTS:

- 4 cups all purpose flour
- 4 eggs, lightly beaten
- A pinch of salt
- 4 tbsp whole milk plus enough to make a soft dough.

### PREPARATION:

With the flour, form a small mound on a large counter or wooden cutting board. Make a small well in the middle of the mound and inside pour the salt and the eggs, beaten with a couple tablespoons of milk. Slowly stir the egg mixture with a fork, adding in the flour little by little until a relatively uniform dough forms. Knead the dough with your hands, gradually adding the reserved flour and milk (as needed) until the dough becomes tight but soft. Knead the dough in your palms with strong movements for 10 minutes. When the dough is smooth and elastic, shape into a ball and lightly flour, let rest for about 15-20 minutes. Next, take small amounts of dough and roll into a pasta roller. See picture, let it sit for 1 hour covered. Then cut the sheets of dough into tiny squares. Place the pasta squares on top of a cloth sprinkled with flour and let dry for about a day.

**Makes: about 5 pounds**

RIGHT: My mother-in-law Maddalena making Au Tritt or Greek Hylopites

### AU TRITT *or* HYLOPITES SOUP

#### INGREDIENTS:

- Shin and beef shanks for soup
- 1 6-oz can tomatoes
- 2 chopped onions (chunky)
- Celery sticks, including leaves
- 3 carrots, cut into cubes
- 2 potatoes, cut into wedges
- Salt and pepper

#### PREPARATION:

Place above ingredients into a large saucepan and add water. Cook for 2 hours on medium heat until the meat part of the bones is very tender. When ready, separate broth from vegetables and place the Au Tritt in the broth and cook for 20 minutes until the Au Tritt/Hylopites are tender and al dente. Serve broth with Au Tritt pasta. Vegetables and meat can be served separately.

**Serves:4-6**







❧ SALADS ❧



## Green Bean Salad with Olive Oil, Garlic, Feta and Red Wine Vinegar

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My mother-in-law Maddalena would always make this salad that we couldn't stop eating. Dip the bread in the juices of this salad and also mix it with the string beans, and the garlic for an amazing taste. Get the beans from the Farmer's Market or a good grocery store and use Greek Feta Dodonis, if possible. Don't use domestic Feta.

### INGREDIENTS:

- 1 lb. fresh green beans
- ½ cup or more pitted Kalamata Olives, cut in half (or use any type of black olives that you like)
- 6-8 oz crumbled Feta Dodonis
- 10 cloves of garlic chopped
- ½ cup extra virgin olive oil
- ¼ cup good red wine vinegar

### PREPARATION:

Trim both ends of beans. Then cut beans into 2 pieces. Steam beans until barely tender yet crisp, about 5 minutes, then quickly drain beans and plunge into cold water with ice cubes to stop cooking. Remove quickly from ice water and let beans drain very well in a colander. Place beans in bowl and mix with the garlic, feta and the Kalamata pitted olives. Pour the olive oil and mix well, then drizzle the vinegar over the salad.

**Serves: 4**

## Greek Peasant Salad

XcoptanKll LaAa'ta

In Greece this a staple salad that everyone has no matter whether they go to a restaurant or a housewife puts some tomatoes, onions, cucumbers and feta together and quickly makes a salad by pouring extra virgin olive oil over it.

### INGREDIENTS:

- 1 cucumber cut in slices
- 4 medium, ripe tomatoes cut coarsely
- 1 medium, red onion cut into wedges
- 1 8-oz jar Kalamata olives
- 8 oz feta cheese crumbled

*Greek dressing:*

- Red wine vinegar
- ¼ cup extra virgin olive oil
- 4 pinches of oregano
- Salt and pepper to taste

### PREPARATION:

Don't peel the cucumbers. Cut them into slices about 1/4 inch thick. Core but do not peel tomatoes and cut into 8 wedges. Cut onion in thin wedges. Drain olives, and add to salad. Crumble feta over salad, varying the size of the chunks. Add dressing, sprinkle some good extra virgin olive oil and toss. Chill for at least 30 minutes prior to serving. In our store we use our own dressing. Dipping crusty bread in the salad juices is something that is so tasty and wholesome it cannot be described.

**Serves: 3-4**





GREEK PEASANT SALAD



## Insalata Capresi

When my son Anthony got married with Monica, they went for their honeymoon to the island of Capri in Italy. So, since this salad is synonymous with Capri we started making the Capresi salad. It is a simple salad from the Italian region of Campania.

It's made of sliced fresh buffalo mozzarella and fresh basil and juicy heirloom tomatoes seasoned with extra virgin olive oil and Balsamic vinegar.

When I used to travel and visit our office in Totino, we would go for dinner to a restaurant that was across the street from the summer Palace of King Emanuele. Unlike most salads in Italy, it is usually served as an antipasto. This restaurant was an inn in the 1600's when people would travel from southern Italy to Northern Europe. The antipasto table was something I have never seen before or again. The variety of the food was unimaginable! The Capresi salad or insalata, as the Italians call it, was on one of the tables.

It is said that the reason for this salad being called Capresi is that in 1950 King Farouk of Egypt visited the island of Capri, and he was served this salad. After that it became very popular.

### INGREDIENTS:

- 1 lb fresh mozzarella, sliced
- 4 large heirloom tomatoes
- ½ cup fresh basil
- Sea salt
- Balsamic vinegar
- Extra virgin olive oil

### PREPARATION:

Slice mozzarella and tomatoes 1/4 inch thick; arrange on serving platter and separate with leaves of basil salt, and pepper. Drizzle to taste with balsamic vinegar and extra-virgin olive oil. Serve with Italian crusty bread and some red wine.

**Serves: 4**

## Ottavia's and Mama's Potato Salad

This is a recipe my wife and her mother always made together, for us to eat at home or for our store. When I wake up in the morning, I see my mother-in-law peeling boiled potatoes and getting ready the rest of the ingredients for the potato salad.

### INGREDIENTS:

- 2 lb potatoes, peeled and cubed
- ¼ cup and 2 tsp mayonnaise
- 1 cup green onion, chopped
- 3 ¼ hard-cooked eggs, chopped
- Fresh pepper to taste

### PREPARATION:

Place the potatoes in a large pot with enough water to cover. Bring to a boil, and cook for about 20 minutes, or until tender. Drain, and place in a serving bowl. Stir the onion, salt and pepper into the potatoes and break by hand into large chunks, while they are still hot. This allows the potatoes to absorb the flavor. Allow to cool for about 20 minutes: Add the mayonnaise, to the salad, and mix well. Gently stir in the eggs. Finish off with a sprinkle of red wine vinegar. Chill for about 15-20 minutes before serving.

**Serves: 8**





POTATO SALAD









## Tahouleh

### INGREDIENTS:

- 1 $\frac{1}{2}$  cup fine Bulgar (#2) wheat, soaked for 30 minutes and drained
- 1 cup chopped spring onions (include  $\frac{1}{2}$  of the stems)
- $\frac{1}{2}$  tsp fresh ground pepper
- 3 tsp salt
- 7 cups parsley, soaked, drained and finely chopped
- 3 cups tomatoes, finely chopped
- $\frac{1}{4}$  cup freshly squeezed lemon juice
- 4 tbsp extra virgin olive oil

### PREPARATION:

Mix all of the ingredients together several times so that everything mixes well. Serve on a bed of fresh lettuce leaves, drizzle some of the oil and a little bit of the fresh lemon juice over the mix and serve with pita wedges.

**Serves:** 3-5





## Watermelon Salad with Dodonis® Feta

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We always use Dodonis® Feta cheese, which is creamier and milder than traditional sheep's milk Greek feta cheese. Cut the pieces of watermelon from the sweet center. I have made this in summer months at home and sometimes I make it with honey dew melon, where the sweetness of the melon mixes perfectly with the tangy, lightly salted Feta. I usually cut the watermelon in cubes, taking it from the center of the fruit.

The size? About 2 inch square cubes. I always drizzle the plate of Feta and watermelon with top of the line balsamic vinegar (I prefer Modena.)

*\*Note:* Feta Dodonis® is available in Greek specialty grocery stores. If you can't find it use French Feta that is much milder and much creamier.

### INGREDIENTS:

- 4 tbsp extra virgin olive oil
- 2 cups loosely cut dandelions, or arugula
- ¼ fennel bulb, sliced thinly
- 4 pieces seedless watermelon, cut into 2 inch cubes
- Feta cheese, preferably Dodonis®, French Feta or quality Feta from the grocery store
- Freshly ground black pepper
- 4 tbsp balsamic vinegar (optional)

### PREPARATION:

In a small bowl, combine the olive oil and the vinegar. Add salt and pepper to taste. In another bowl put the dandelions and drizzle them with olive oil and salt and pepper. Place the watermelon cubes on the plate and place a piece of feta on top, like forming a pyramid. Top everything with the dandelion or the arugula on top of the pyramid and drizzle the Balsamic vinegar, olive and salt and pepper.

Serves: 4





## DESSERTS





## Baklava

Mnatla a

*Baklava* (from the Farsi (Iranian language) for "many leaves"), a pastry perfected by royal bakers in the sultan's palace in Istanbul, consists of layers of phyllo filled with nuts and spices and drenched in a syrup. There are numerous variations of baklava, many a closely guarded secret passed down within families. A walnut filling is more prevalent in Greece, while pistachios and pistachio-almond fillings are preferred in Iran and the Middle East. Blanched almonds are traditional on Rosh Hashannah to produce a light color so that the year should be *dulce y aclarada* (sweet and bright). Sephardim refrain from serving dark-colored pastries such as those made from walnuts on Rosh Hashannah, which would portend a dark year. Although purists disdain anything except the classic nut filling, some cooks innovated by adding such items as dates and chocolate chips. Hungarians make an apricot version. This very rich treat is usually served in small portions.

### INGREDIENTS:

- 1 lb fresh phyllo sheets
- 1 cup butter, melted
- 4 ½ cups walnuts, finely chopped
- ½ cup sugar
- ½ tsp ground cinnamon
- ¼ cup sugar
- ¼ cup honey
- 1 cup water
- 1 tbsp lemon juice

### PREPARATION:

Thaw phyllo pastry and separate sheets according to package directions. Keep pastry not being used covered with clean damp dish towel to keep it from drying out. Place half of pastry sheets in a greased 15x10x1-inch baking pan, one by one, brushing each sheet quickly and all over with melted butter. Combine nuts, ½ cup sugar, and cinnamon;



sprinkle over buttered pastry. Place remaining sheets on top, brushing each with melted butter. Cut baklava pastry into 2-inch diamonds. Bake at 400° until brown and crisp, about 30 to 35 minutes. Meanwhile, in a saucepan, combine remaining  $\frac{3}{4}$

cup sugar, honey, 1 cup water, and lemon juice; bring to a boil. Boil baklava syrup for about 20 minutes, stirring occasionally, until syrupy. Cool and pour over baklava.

**Makes: about 24 pieces**

## Bougatsa

MnouyaTcm

While I was in Greece on a business trip, I flew to Thessaloniki, in Northern Greece, to visit the family of my friend, Tasos Touloupis. I was moved up to first class and a couple across the aisle started a conversation with me. I told them that I was from Birmingham, Alabama and that I was going to Thessaloniki for a few days. He said he was from Memphis, Tennessee and that he was an officer with the American Embassy in Athens. As we kept on talking, he said to me "You know why I am going to Thessaloniki?" I said on official business? He said "NO" with a strange emphasis and a Southern accent "Noap:'

He said "I am going to have some Bougatsa and also bring some home to my family as we now live in Athens:' I had Bougatsa when I was growing up in Patras. I liked it but not the way he described it that he was taking a special trip just for the Bougatsa. He further said "I had Bougatsa all over Greece, but nothing like the one from Thessaloniki:' After I got there I tried it and it was exactly like he described it; so here you have it.

### INGREDIENTS:

8 sheets fresh phyllo  
2 cups fine semolina  
2 cups sugar  
4 eggs  
5 cups milk  
Zest of one lemon  
 $\frac{1}{2}$  cup butter  
Cinnamon  
Confectioners sugar

### PREPARATION:

Beat the semolina, eggs, and sugar until frothy. Transfer to a pan add the milk and stir continuously. Bring to a boil several times and add the lemon zest. Melt the butter and brush each sheet of phyllo. Preheat the oven to 350°. Place half of the pastry on the greased baking sheet and spread the mixture evenly and then cover with the remaining 4 sheets of phyllo. Bake for about 20-30 minutes until it's golden brown and crispy on the top. Cool a little and then sprinkle it with the confectioners sugar and cinnamon and cut into serving portions.

**Serves: 8**



O AwKoc; ITupoc; (The White Tower of Thessaloniki, a symbol of Greek sovereignty over Macedonia)







## Custard Pie with Phyllo

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This custard pie is my absolute favorite Greek dessert. If you can get past the tongue twister name, Galaktobourekos (gah-lahk-toh-BOO-reh-koh) can easily become your favorite Greek pastry as well. It's a divine combination of creamy custard and flaky phyllo dough that is baked to golden perfection then drenched with a lemon and orange infused syrup.

### INGREDIENTS:

#### *For the filling:*

- 4 cups milk
- 1 ¼ cup fine semolina (you can substitute Farina)
- ½ cup sugar
- 1 tbsp vanilla extract
- 5 egg yolks
- 2 tbsp unsalted butter

#### *For the syrup:*

- 1 cup sugar
- 1 cup water
- 2 inch piece of lemon rind
- 2 inch piece of orange rind
- Juice of ½ lemon
- 1 lb phyllo pastry sheets
- ½ lb unsalted butter, melted (for brushing)

### PREPARATION:

**Make the Filling:** In a large saucepan, heat the milk over medium high heat until just boiling. Add the semolina and stir with a whisk. Lower the heat to medium low. Using a whisk, beat the egg yolks with the sugar. Ladle a cup of the warmed milk into the egg mixture to temper and then add the egg yolk mixture to the pot. Continue to cook over medium low heat until the cream starts to thicken, stirring continuously. When the custard has thickened, remove from heat and stir in the vanilla extract and the butter. Set aside.

#### *Unwrap the phyllo:*

Carefully remove the phyllo roll from the plastic sleeve. Most packages come in 12x18-inch sheets when opened fully. Using scissors or sharp knife, cut the sheets in half to make two stacks of 9x12-inch sheets. To prevent drying, cover one stack with wax paper and a damp paper towel while working with the other. Preheat the oven to 350°.

#### *Assemble the Galaktobourekos:*

Using a pastry brush, brush the bottom and sides of a 9x12 rectangular pan. You will use approximately half the phyllo sheets for the bottom of the pastry. Begin by layering sheets one by one in the bottom of the pan, making sure to brush each one thoroughly with melted butter. When you have almost layered half the sheets, drape two sheets of phyllo so that they extend half in the pan and half out of the pan horizontally. Add the custard in an even layer on top of the sheets, smoothing the surface with a spatula. Fold the phyllo sheet flaps in over the custard layer. Add the remaining sheets on top, brushing each sheet with melted butter.

Before baking, score the top layer of phyllo (making sure not to puncture the filling layer) to enable easier cutting of pieces later. I place the pan in the freezer for about 10 to 15 minutes to harden the top layers and then use a serrated knife. Bake in a preheated oven for 45 minutes or until the phyllo turns a deep golden color. While the Galaktobourekos is baking, prepare the syrup: Combine the sugar and water in a saucepan and add the lemon peel and orange peel. Boil over medium high heat for approximately 10-15 minutes. Remove the lemon and orange peel and stir in the lemon juice. Remove from heat and set aside to cool.

**Caution:** Do not pour hot syrup over the hot custard. Allow both to cool to room temperature and then carefully ladle the syrup over the galaktobourekos and allow time for it to be absorbed.

**Makes: about 30 pieces**



## Honey Cookies

MEAoμαKapouva

### INGREDIENTS:

- 1 cup sugar
- ½ cup peanut oil
- ¼ cup butter
- 7 cups flour
- ½ cup orange juice
- 3 tsp baking powder
- ½ cup orange juice
- Zest of 1 orange
- ½ cup walnuts or pecans crushed

### Honey syrup:

- 3 cups sugar
- 2 ½ cups water
- 12 cloves (whole)
- 6 tbsp lemon juice (or 3 lemons cut in half)

### PREPARATION:

**Syrup:** Place all of the ingredients in a sauce pan and dissolve the sugar. Bring to boil and continue boiling for 5-10 minutes. Strain and use cold.

In a mixer, beat the butter and sugar including the orange zest, until soft and creamy. Add the oil and continue the mixing until very light and fluffy. Stir flour with the baking powder and add the orange juice. Knead the dough. Take a spoon and fill with pieces of dough making oval pieces. Place on a baking sheet that is lightly greased and bake in 350° for 20-30 minutes.

Cool the oval cookies and then dip 1, 2, or 3 at a time in the syrup for about 15-20 seconds so that they soak in the honey syrup well. Serve cold by spreading/sprinkling the crushed walnuts on top of them. Dust with cinnamon powder to serve.

**Makes: 4 dozen**

## Honey Doughnuts

AouKouμα8E

What great years were those in the S0's!! I can't forget and will always remember, whether I live in the United States or even if I lived in Patras, Greece. Almost at the end of St. Nicholas street there was a store, called Zikou, that was famous for its Loukoumathes. On Saturday nights-cold, rainy nights, in particular-you couldn't get in this place, that's how busy it was. The air was full of the aroma of the honey and cinnamon which are part of the ingredients of these doughnuts. If you've ever been to Cafe Du Monde in New Orleans and had to wait over an hour for a table, the Zikou place was exactly the same, exactly like Cafe Du Monde. This was also a place to see and be seen.

### INGREDIENTS:

- Fresh yeast
- 10 cups flour
- 3 tsp sugar
- Oil for frying
- Honey
- Cinnamon
- ½ cup walnuts, crushed

### PREPARATION:

In a bowl knead 4 cups of flour with the yeast, sugar, and a little water into smooth dough. Cover the bowl with a cloth and let it be in a warm place until the dough has almost doubled. Put in the remaining flour and water to come up to a workable dough. Cover the bowl and let the dough rise again for about 2 hours. Heat plenty of oil in a deep frying pan, using a spoon to scoop out little balls of the dough and drop gently in the boiling oil. Fry them until they are crispy and golden brown. Then remove them from the oil and drain on paper towels. Put them in a serving dish and pour over plenty of honey and sprinkle with cinnamon and the walnuts.

**Serves: 25-30**





HONEY COOKIES





## Sugar Cookies (Wedding Cookies)

KoupaumEOEc ;

These are a Greek celebration cookie - while they're most popular at Christmas, you also see them at weddings, Easter and other holidays as well. They're almost always served with a powdered sugar topping; at Christmas, it's traditional to stick a whole clove in the top to represent the gift of spices that the Three Wise Men brought to Bethlehem. My wife, Ottavia, makes them all the time for the store and she is really an expert.

### INGREDIENTS:

- ¼ cup almonds
- 1½ cups all purpose flour
- ½ tsp baking powder
- ½ cup (1 stick) unsalted butter,
- 1 cup confectioners' sugar
- 2 large egg yolks
- 1 tbsp brandy
- 1 tsp pure vanilla extract
- 3 tsp orange water\*

\*You will find this in most Mediterranean food stores.

### PREPARATION:

Preheat the oven to 350°. Toast the almonds until golden brown and fragrant, about 6 minutes. Let cool, then chop about half of the nuts (you should

have about ½ cup chopped). Pulse the remaining nuts in the processor until finely ground (about ¼ cup ground). Stir the flour, baking powder, salt and nuts together in a medium bowl. Set aside. In another medium bowl, beat the butter, sugar, egg yolk, brandy and vanilla extract together with a mixer on medium-high speed until the mixture gets light and fluffy, about 10 minutes. At low speed, stir in the nut mixture to make a crumbly dough. Cover the bowl and set dough aside at room temperature for 1 hour.

Preheat oven to 350°. Line two baking sheets with parchment or coat with nonstick spray. With a tablespoon, scoop out 1-inch pieces of dough and roll into balls between the palms of your hands. Pinch the ends of the balls to make a football shape. Place the cookies on the prepared baking sheets. Bake until the cookies set and start to brown, about 18 minutes. Remove cookies from the oven and immediately sprinkle them lightly with the orange water. (Put the confectioners' sugar in a bag, and add 5 to 6 of the warm cookies to it. Very gently toss the cookies to coat with sugar. Remove them from the bag and cool cookies on a rack. Repeat with remaining cookies. Serve.

**Makes: 21/2 dozens cookies**



## Yannis Yogurt

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This is a delicious recipe and it is a very popular all over Greece as a dessert. The Greek honey which is one of the best in the world makes this dessert a delicious one.

### INGREDIENTS:

1 lb Greek strained yogurt  
1/2 lb crushed walnuts  
1/2 cup pure bee honey  
4 tsp cinnamon powder  
1 slice of orange cold

### PREPARATION:

In a bowl mix 5 soup spoons of yogurt with honey. Mix well. Empty the mix in a serving plate and sprinkle a handful of the crushed walnuts over it. Drizzle honey and the crusted walnuts over the yogurt. Sprinkle some cinnamon. Take a very cold slice of orange and cut in four pieces. Place around the yogurt mound and serve. Do the same for the remaining yogurt.

**Serves:** 3-4





